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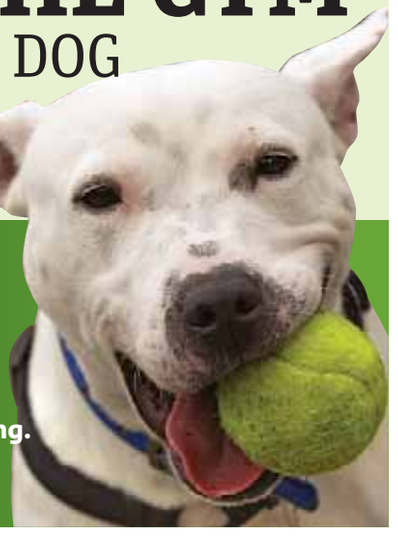
BLACK MONDAY
NHL COACHES MAURICE, BOUDREAU FIRED HOURS APART {page 36}

BEATS THE GYM
STUDY SHOWS DOG OWNERS STAY ACTIVE {page 27}



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Twitter. Paulina

▶ Pictures posted on Paulina Gretzky's now-defunct Twitter page included photos of her, at right, dancing suggestively at a nightclub.

TWITTER.COM

Did Gretzky call time out?

Wayne Gretzky's daughter loved to document her celebutante lifestyle on Twitter. But abruptly over the weekend, the daughter of the hockey legend shut down her account. Speculation as to why Paulina Gretzky dropped off Twitter includes intervention by her father. Story, page 6.

Responsible budget: Ford

Mayor's proposed 2012 plan looks to raise taxes by 2.5%, close five wading pools and slash the city's workforce by 2,300 jobs

Mayor Rob Ford unveiled a "responsible" 2012 budget yesterday that wants to cut $88 million worth of city services next year while squirrelling away a $139-million windfall from this year's unexpectedly high revenues.

Critics accused the mayor of cooking the books to "create a crisis" and push cuts that will inflict needless suffering. But Ford will fail, they predicted, to persuade a majority of councillors to vote them into reality.

Those cuts include closing some swimming and wading pools; eliminating programs for recreation, student nutrition, the arts and HIV prevention; reducing arena hours despite a dire ice-time shortage; extending allowable wait times for ambulance calls; shuttering three homeless shelters; and halting mechanical leaf collection and sidewalk snow plowing for many suburban

"For the first time ever, folks, we will spend less next year than we did this year. That is unheard of."
MAYOR ROB FORD, COMMENTING ON HIS BUDGET

Torontonians. The city's workforce would be cut by 2,300 positions, to 53,252, through attrition and a significant but undetermined number of layoffs.

On the revenue side, property taxes would rise 2.5 per cent, adding $60 to the bill on a typical $421,177 home; user fees for a host of city services would jump; and it would cost an extra dime to get on the TTC, including the 62 routes where, as of Jan. 8, riders will face longer waits for more crowded buses and streetcars.

"It's a 'create a crisis' budget," charged Coun. Shelley Carroll, the budget chief under Ford's predecessor, David Miller.

"In order to make true the mayor's radical statement that Toronto has a revenue problem and not a spending problem, he has actually held money back — kept it out of this budget," she said.

"They shrunk the revenue pie to say, 'There is a crisis here.' In fact, if you put back in some of that money, it could be used to stave off cuts."

Ford's proposed budget does include a surplus — $83 million, carried over from 2010, Miller's final year in office.

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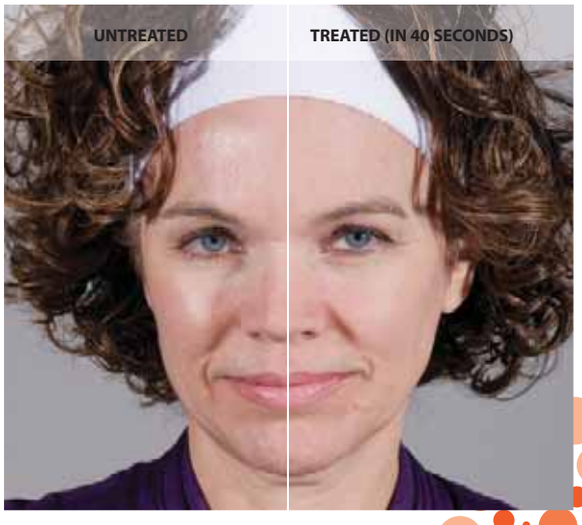

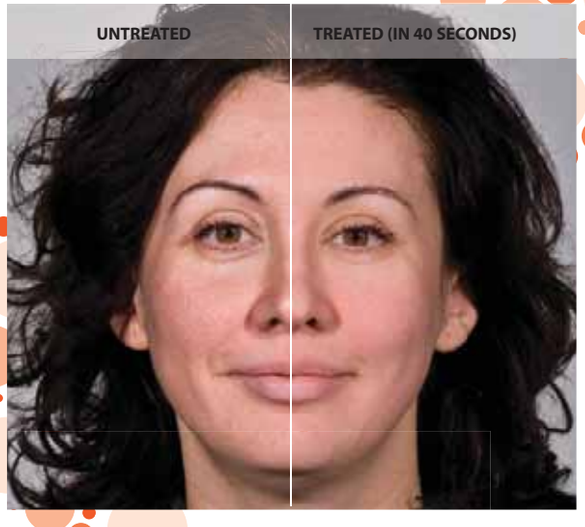

None of these images were retouched. Nanoblur was applied on one side of the face for comparison to the untreated side. The candidates were not wearing makeup and no special lighting was used. These half-face studies show true results of Nanoblur on these subjects.

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Former TTC chair weds partner

Former Toronto councillor and TTC chair Adam Giambrone announced on Facebook Saturday he wed Sarah McQuarrie, who stood by her man amid a well-publicized affair that forced the one-time mayoral hopeful to quit his 2010 election campaign.

Since Saturday, more than 135 people have "liked" Giambrone's new status as a married man, with good wishes pouring in from all corners.

During the mayoral campaign it came to light that Giambrone had suggested in a text message to a university student with whom he was having an intimate relationship that McQuarrie was in his life for "political" reasons. After public denials, Giambrone finally acknowledged an inappropriate relationship with the student and admitted to affairs with multiple women. The resulting furor led to his dropping out of the campaign.

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TARA WALTON/TORSTAR NEWS SERVICE

▶ Former TTC chair Adam Giambrone and live-in partner Sarah McQuarrie tied the knot on the weekend.

Silencing the words that hurt

Sisters lead project to declare schools 'gossip-free zones'

She was drunk, she was lazy, she was uncaring.

Those were the whisperings around the office — cruel comments she was spared hearing during her year off work after breaking a vertebra in her neck in an accident. She overcame disability and predictions she'd never walk again, but the thought of facing that malicious gossip as she prepared to return to work put her in a deep depression.

Renrick Ashby pauses as he tells this story about a good friend to a group of teenagers.

"Her brother called me this morning," he says. "She committed suicide."

Gasps echo in the cafeteria of Pickering High School in Ajax, where 70 students have gathered for a summit on the harmful effects of gossip. Ashby's news was a tragic coincidence.

"I'm going to challenge you to stop it, to make sure this doesn't continue," he tells them.

"We can't be bystanders and let these tragedies keep happening."
ANISA HAJIZADEH, ORGANIZER OF A SUMMIT ON THE EFFECTS OF GOSSIP, TOLD FELLOW STUDENTS

That is the goal of summit organizers and sisters Anisa and Saba Hajizadeh.

While they don't expect to stop gossip altogether, the sisters are committed to raising awareness that words can hurt.

Gossip is a form of bullying, the students are told.

"Gossip is so prevalent in conversations," says Saba, who's in Grade 11.

With three schools in Ajax and Pickering already on board, the sisters want to target offices, malls and other public places with their how-to-stop-gossip kit.

TORSTAR NEWS SERVICE

CAROLA VYHNAK/TORSTAR NEWS SERVICE

▶ Anti-gossip girls Saba Hajizadeh, left, and her sister Anisa are trying to convert schools into "gossip-free zones" to raise awareness of the bullying effect of hurtful words.

1 news

Police blotter: Frosty the Snowman catches an assault beef after an alleged scuffle with police at a Christmas parade in Maryland. Scan the code for the story.

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Make sure the bottle caps are securely affixed to your ugly stick, because it's time for the mummers parade in St. John's. Video at metronews.ca/video

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Occupy evicted again

Four booted from Queen West building Had barricaded themselves in

Occupy Toronto protesters who had set up camp in the basement of a Queen Street West commercial building have been evicted by the City of Toronto.

When police arrived at 3 p.m. the group barricaded the two steel doors leading in to the St. Patrick Market building basement. After a brief negotiation with police officers and the city real estate manager, the group of four protesters came out peacefully, said Constable Wendy Drummond. No arrests were made or charges laid she said. The police arrived about an hour after the protesters sent out a press release demanding a 36-month lease at 99 cents a year. TORSTAR NEWS SERVICE

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Music. Education

"First lady of the guitar" Liona Boyd, left, Jack Lenz of Lenz Entertainment, and Noemi Weis, producer and writer of Teaching The Life of Music at the film's screening yesterday at the Isabel Bader Theatre.

COURTESY TYLER ERDELAC

Impact of El Sistema

El Sistema is a voluntary music education program in Venezuela. Teaching the Life of Music focuses on its impact in Canada, the U.S., and Scotland, where individuals have started their own organizations to attract kids from the lowest income brackets in their respective countries.

Earthquake wakes Burlington residents

Mother Nature gave Burlington residents an early morning wake-up yesterday after a minor earthquake produced a loud burst of noise.

Natural Resources Canada confirmed the quake, which happened around 4:30 a.m., registered 2.3 on the Richter scale and was centred under Lake Ontario, roughly seven kilometres east of the city.

Halton Police said they received at a least dozen calls from lakeshore-area residents claiming to have heard a "big bang."

Police searched the area "suspecting a potential gas leak," said Sgt. Cory Welsh.

Stephen Halchuk, a seismologist with Natural Resources Canada, said the loud noise was probably a direct result of the quake. TORSTAR NEWS SERVICE

CONTRIBUTED

Taranjit Grewal

Mom found guilty on gun charge

A crack-addicted mother already found guilty of corrupting the morals of her two little girls has now also been found guilty of possessing an illegal handgun.

Taranjit Grewal, 28, had pleaded not guilty to possessing and carelessly storing the .22 calibre firearm — which police discovered atop the refrigerator in February 2010 — claiming she did not know the weapon was there. TORSTAR NEWS SERVICE

News in brief

Undies 4 AIDS

Dec. 1 is World AIDS Day and the underwear fashion show Undies 4 AIDS, benefitting the AIDS Committee of Toronto, will be held at Crews Tangos at 508 Church St. Proud FM's Richard Ryder will be the MC for the night and the event will also feature a silent auction, drag shows and underwear fashion shows.

Organizers say there will be underwear sales throughout the night, along with a 50/50 raffle, karaoke contest, and Red Ribbon shooters for $2. All proceeds go to the cause. There is no cover but they are hoping for donations at the door. METRO

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@PaulinaGretzky stops tweeting

- Wayne Gretzky's daughter closes Twitter account
- Speculation is dad disapproved of pictures she posted

Paulina Gretzky, the daughter of Wayne Gretzky, loves a night out with her BFFs in Los Angeles.

The 22-year-old blond model/singer/actress also loves to document her celebutante lifestyle on Twitter — with images of a lingerie-clad Paulina in bed, dancing at a nightclub, lying poolside in a red bikini and striking a pose with girlfriends (backs arched! chests out!)

Or, more accurately, at least she loved posting to Twitter.

Abruptly over the weekend, the daughter of hockey legend Gretzky and Janet Jones, shut down her account.

Paulina, the eldest of five children, was born Dec. 19, 1988, four months after her dad was traded to the L.A. Kings.

There are a couple of theories about why the Twitter account was closed.

Speculation No. 1: Gretzky's name was linked last week to the potential sale of Maple Leaf Sports and Entertainment. It's possible the news drew attention to his daughter's Twitter activity and racy online photographs, and that he stepped in. He grew up in Brantford, Ont., a far cry from the hustle of Hollywood. This couldn't please him.

Speculation No. 2: involves the possibility that dad intervened when he learned that Canadian hockey star Paul Bissonnette, who plays for the Phoenix Coyotes, had recently exchanged Twitter salutations with Paulina Gretzky (an innocuous "Hi Paulina," but still).

Bissonnette wasn't playing for the Coyotes when Gretzky was part-owner and coach but Gretzky would not be unaware of his reputation as a man who enjoys the company of women and for his blunt language on Twitter.

That Wayne Gretzky was involved in the closing of the Twitter account is strengthened by this tweet shortly before it disappeared: "Having a nice sit down dinner with my dad about social media..haha #SIKEEE."

The young Gretzky made her modelling debut on the cover of Flare in 2005. (Interestingly, her beautiful mother appeared on a Playboy cover and photo spread in 1987).

TORSTAR NEWS SERVICE

Paulina's talents

- **Music.** Paulina is also musical. On her website, she boasts that her single, Collecting Dust, "scored a television hit" after it was featured on MTV's Laguna Beach: The Real Orange County.
- **MTV.** "The forums, message boards and chat rooms for MTV's hit show were flooded with comments, questions and requests for the song," Gretzky wrote on the website.
- **iTunes.** The single has been released exclusively on iTunes. The song chronicles the sadness of a lost love.

RICK EGLINTON/TORSTAR NEWS SERVICE

TWITTER

▶ Paulina Gretzky attends a reception celebrating her modelling debut on the cover of Flare magazine in 2005. Inset, one of the photos she posted on Twitter.

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Egyptians turn out to shape future

Parliamentary elections held in shadow of clashes protesting military rule ◐ Vote to stretch over months

Egyptians cast aside worries over a new wave of unrest and waited patiently and peacefully in long lines yesterday to vote in the first parliamentary elections since Hosni Mubarak's ouster, determined to reap the fruits of their uprising and have their choices count after decades of rigged polls.

The vote is expected to be the fairest and cleanest in living memory and more than anything else, it will serve as a litmus test of whether Egypt will go down a more Islamic path as other countries swept up in Arab Spring uprisings have done.

"I have hope this time," said Amal Fathy, a 50-year-old government employee who wears the Islamic veil, as she patiently waited in Cairo to vote. "I may not live long enough to see change, but my grandchildren will."

Since the uprising that forced Mubarak out nearly 10 months ago, Egyptians had looked forward to this day in expectation of a celebration of freedom after years of stifling dictatorship. But deep disappointment with the military rulers who replaced the old regime and a new wave of protests and clashes that began 10 days ago left the country deeply polarized and uncertain about the future by the eve of the election.

Many harbour deep doubts about whether elections held under military rule will really set the country on a path of democracy.

The Muslim Brotherhood, Egypt's largest and best organized group, along with other Islamists are expected to dominate the vote. Many liberals, leftists, Christians and pious Muslims who oppose mixing religion and politics went to the polls to try to reduce the scope of their victory.

THE ASSOCIATED PRESS

Reality check

- The parliament that emerges may have little relevance because the military is sharply limiting its powers, and it may only serve for several months.
- However, the election will give the clearest picture in decades of the real strength of the various political forces in this nation of 85 million.

AMR NABIL/THE ASSOCIATED PRESS

▶ Egyptian women show their inked fingers after voting in Cairo yesterday. The parliamentary elections are the first since Hosni Mubarak was ousted nine months ago.

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USA

Las Vegas Air + 4 Nights $225
Circus Circus + taxes & fees $309
INCLUDES accom on the Strip. Departs Dec 18/swg/wg.
UPGRADE to 4-star Luxor for $8 per night.

Ski Vacations

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Country Inn & Suites + taxes & fees $109
INCLUDES accom near the pedestrian village of Mont Tremblant and 3-day lift pass. BONUS breakfast included. Departs Jan 8, 15/ggv/pd.

Blue Mountain Family Special 3 Nights $99◊
Blue Mountain Inn taxes & fees included
INCLUDES lodge-style accom. Travel Dec 2, 6, 9/ggv.

Mont St Anne 3 Nights + Lift Pass $374
Auberge La Camarine taxes & fees included
INCLUDES accom overlooking the St Lawrence River and 2-day Mont St Anne/Stoneham lift pass. Travel Dec 2, 9, 16/ggv.

Banff 3 Nights 4-Star + Lift Pass $459
Buffalo Mountain Lodge taxes & fees included
INCLUDES accom at the base of Tunnel Mountain & 2-day Banff/Lake Louise lift pass. Travel Dec 9/ggv.

Lake Tahoe Air + 3 Nights 4-Star + Car + Lift Pass $799
Montbleu Resort Casino & Spa + taxes & fees $128
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Pacific Coastal 4-Night Cruise USD $199
Oosterdam + taxes & fees USD $44
CRUISE San Diego to Vancouver and visit Port Angeles. Sails Apr 15/hol.

Transatlantic 13-Night Cruise USD $449
Grandeur of the Seas + taxes & fees USD $94
CRUISE Miami to Malaga and visit Labadee, San Juan, St Maarten and Tenerife. Sails Apr 18/rci.
UPGRADE to oceanview stateroom from $15 per night and receive a $150 onboard credit.

Hawai'i 13-Night Cruise USD $899
Celebrity Century + taxes & fees USD $69
CRUISE Honolulu to Ensenada and visit Honolulu (overnight), Kauai, Maui (overnight), Kona and Hilo. Sails Mar 23/cel. UPGRADE to oceanview stateroom from $15 per night.

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INNOVATION

Private funding of research rises: Study

Industry funding of Canadian university research jumped 20 per cent last year, the latest report on the commercialization of scholarly invention says.

Private companies committed $795 million toward innovative university research, out of a total research budget of $6.1 billion for the 2010 financial year.

Most of the increases were seen in Montreal, Calgary and Edmonton, says the survey report released this week by the Association of University Technology Managers.

The survey does not collect company names, said Sarah Howe, a report contributor and York University's associate director of intellectual property and research agreements.

Even with increases elsewhere, she added, Ontario accounted for 47 per cent of private industry investment in university research for the year.

"Governments have been asking universities and industries to partner together for some time, and we have been," said Barbara Eccles, head of the Canadian branch of the U.S.-based association and manager of technology transfer at Lakehead University.

Technology transfer professionals help identify commercial potential in the latest research at universities and hospitals.

In 1930 at Toronto's Hospital for Sick Children, Drs. Alan Brown, Fred Tisdal and Theo Drake invented the first ready-to-use mineral-enriched baby cereal. For years, the hospital received a royalty on every box sold.

TORSTAR NEWS SERVICE

Messy winter ahead

SEAN KILPATRICK/THE CANADIAN PRESS

▶ A pedestrian walks past a small snowman on the Sparks Street Mall in Ottawa last Wednesday after the first snowfall of the season brought upwards of 10 centimetres of snow to the nation's capital.

Weather Network predicts wintry weather will be off to a late start in southern sections of Ontario

Canadians should brace for a messy, unpredictable and stormy winter, with many of the ups and downs blamed on the return of La Nina.

"This is going to be a real roller coaster of a winter," said Chris Scott, a meteorologist with The Weather Network.

"The thing to prepare for this winter is ... a lot of freeze/thaws cycles, especially in areas that are closer to freezing."

In a forecast for December to February the Weather Network released yesterday, the wintry weather is predicted to be similar to that felt last year, with some big rain and snow storms as well as windier than average conditions.

"We can't say for sure whether we're in for a 'Snowmageddon' or some big monster storm, but we certainly think the pattern is there this winter for some very active weather across the country."

CHRIS SCOTT, A METEOROLOGIST WITH THE WEATHER NETWORK

The culprit behind much of that unpredictability will be La Nina, a large pool of colder than normal water off the coast of South America, which tends to make for very changeable conditions.

THE CANADIAN PRESS

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Journal blasts hospital parking fees

It's time hospitals abolished parking fees for the sake of their patients, according to the Canadian Medical Association Journal.

In an editorial, the respected publication states hospital parking amounts to nothing more than user fees and is subsequently an impediment to health care.

Putting the proceeds toward health care runs counter to the Canada Health Act's objectives and could become the subject of a legal challenge, writes Dr. Rajendra Kale, the journal's interim editor-in-chief.

"Some patients (who have often waited several weeks to see a doctor) try to end a consultation abruptly when they realize that they will have to pay for an additional hour for parking," he writes.

"This is parking-centred health care, which is not compatible with patient-centred health care."

THE CANADIAN PRESS

ANDREW VAUGHAN/THE CANADIAN PRESS

▶ The parking lot at the Victoria General hospital in Halifax yesterday. The idea of free hospital parking is bound to be popular with patients.

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‘Don’t be afraid ... This is Canada’

Relative testifies she tried to calm Shafia wife over ‘honour killing’ fears

Rona Amir Mohammad begged a relative to keep quiet about her abusive living conditions out of fear her husband would kill her and his three teenage daughters to preserve family honour, an Ontario court heard yesterday.

The relative testified how she tried to calm Mohammad over the phone.

“She was shivering. She was afraid,” she said. “I told her don’t be afraid: This is not Afghanistan. This is Canada. I told her nothing would happen.”

In fact, the Crown alleges, Mohammad Shafia and his second wife, Tooba Mohammad Yahya, and their son did kill Mohammad and his three daughters by drowning them.

In telephone calls, Mohammad talked about how Shafia beat her in front of the children and Yahya forbade them to talk to her.

She called the relative just before the family trip to Niagara Falls. “I love Canada and I want to stay here,” Mohammad told her.

THE CANADIAN PRESS

CONTRIBUTED/THE CANADIAN PRESS

▶ Zainab Shafia — the eldest daughter of Mohammad Shafia — poses with her boyfriend, Ammar Wahid, in a photo that was released in court.

Robot can crawl, slither in and out of tight spots

Harvard University scientists have built a new type of flexible robot that is limber enough to wiggle and worm through tight spaces.

The Harvard team took inspiration from squids, starfish and other animals without hard skeletons to fashion a small four-legged rubber robot that is 12.7 centimetres long. Its four legs can be separately controlled by pumping air into the limbs, either manually or via computer. This gives the robot a range of motions including crawling and slithering.

THE ASSOCIATED PRESS

CHARLIE NEIBERGALL/THE ASSOCIATED PRESS

No shot, no cash: Aussies

Australian parents risk forfeiting a family tax benefit equal to $2,150 Canadian if they do not immunize their children, the government has announced in a bid to combat the rise of whooping cough, mumps and other childhood diseases.

TORSTAR NEWS SERVICE

News in brief

One dead in chopper crash

WATERLOO. One person is dead and another is in hospital with spinal injuries after a helicopter crashed at Waterloo airport. John Prno, director of emergency services, says the helicopter went down in a pond yesterday and was partly submerged. Police say the craft is owned by Great Lakes Airlines. The Transportation Safety Board is investigating.

THE CANADIAN PRESS

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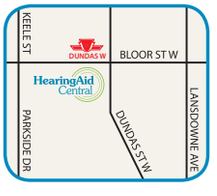

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Syria pressured to end crackdown

UN report on regime leads to sanctions by Arab League

A UN investigation released yesterday accused Syrian forces of killing and torturing children and other crimes against humanity over the past eight months as President Bashar Assad's regime tried to crush an unprecedented uprising.

The investigation added to mounting international pressure on Assad. On Sunday, the Arab League approved sweeping sanctions to push his embattled regime to end the violence against mostly unarmed protesters.

The report by a UN Human Rights Council panel, released in Geneva, found that at least 256 children were killed by government forces between mid-March and early November, with some of them tortured to death.

"Torture was applied equally to adults and children," said the report. "Numerous testimonies indicated that boys were subjected to sexual torture in places of detention in front of adult men."

The report and the sanctions are the latest in a growing wave of international measures pressuring Damascus to end its crackdown.

Syria reacted sharply to the sanctions, betraying a deep concern over the economic impact.

Foreign Minister Walid al-Moallem said Syria had withdrawn 95 per cent of its assets in Arab countries. Economy Minister Mohammed Nidal al-Shaar said once the sanctions take hold, "sources of foreign currency would be affected." The comment reflected concern that Arab investment in Syria will fall off and transfers from Syrians living in other Arab nations will also drop.

Al-Moallem called the sanctions "economic warfare," and said Syria had means to retaliate.

"Sanctions are a two-way street," he warned in a televised news conference. "We don't want to threaten anyone, but we will defend the interests of our people."

Nevertheless, he tried to play down the impact, insisting Syria is self-sufficient.

"There is absolutely no concern our people will go hungry or cold," he said.

THE ASSOCIATED PRESS

Alleged crimes

- The report was compiled by a panel of independent experts who were not allowed into Syria. But the commission said that it interviewed 223 victims and witnesses, including defectors from Syria's security forces, since September.
- It said that men and boys were sexually tortured at military detention facilities, and a 2-year-old girl was shot to death just to prevent her from growing up to be a demonstrator.
- The panel said government forces were given "shoot to kill" orders to crush demonstrations. Some troops "shot indiscriminately at unarmed protesters," while snipers targeted others in the upper body or head.
- The full list of alleged crimes committed by Syrian forces included "murder, torture, rape and other forms of sexual violence," said panel chairman Paulo Sergio Pinheiro, a Brazilian professor. "We have a very solid body of evidence."
- Syrian officials have not commented directly on the report.

▶ Pro-Syrian regime protesters gather during a protest in Damascus yesterday against the Arab League sanctions. Syria's economy minister called newly approved Arab League sanctions "a dangerous precedent" that will harm ordinary people more than the regime.

Israel sorry for strip search of pregnant news photographer

Israel's Defence Ministry apologized yesterday for the treatment of a pregnant American news photographer who said she was strip searched and humiliated by Israeli soldiers during a security check.

Lynsey Addario, who was on assignment for The New York Times, had requested that she not be forced to go through an X-ray machine as she entered Israel from the Gaza Strip because of concerns for her unborn baby.

Instead, she wrote in a letter to the ministry, she was forced through the machine three times as soldiers "watched and laughed from above." She said she was then taken into a room where she was ordered by a female worker to strip down to her underwear.

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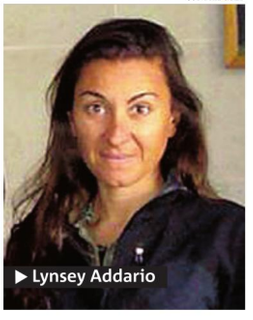
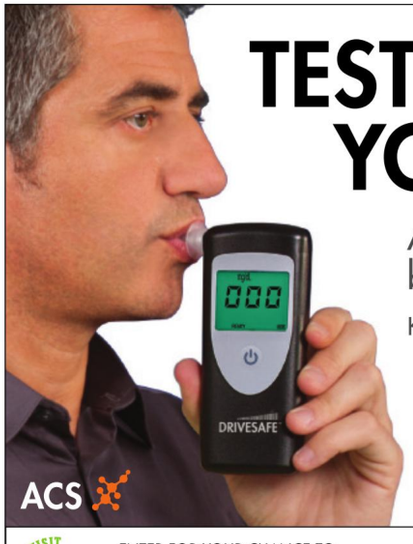


▶ Lynsey Addario

'Blatant cruelty'

- In the Oct. 25 letter sent by the newspaper, Addario, a Pulitzer Prize winner who has worked in more than 60 countries, said she had never been treated with "such blatant cruelty."
- "We would like to apologize for this particular mishap in co-ordination and any trouble it may subsequently have caused to those involved," the Israeli statement said.
- Foreign journalists working in Israel have repeatedly complained of overly intrusive security checks by Israeli authorities.



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White House says no taxpayer dollars will go towards EU debt

MARK WILSON/GETTY IMAGES

▶ European Commission President Jose Manuel Barroso and U.S. President Barack Obama in Washington yesterday.

President Barack Obama said yesterday the United States stands ready to do its part to help Europe with its deepening debt crisis, even as the White House ruled out any financial contributions from U.S. taxpayers.

Meantime, a top European official offered his assurances to Obama and the American people that Europe's leaders fully understood the magnitude of the crisis. But European Commission President Jose Manuel Barroso warned that decisions on how to solve the economic woes could take time.

The annual meeting between U.S. and European Union officials came amid growing fears over the future of the euro. Experts say that without drastic action, the euro could be days away from collapsing, a scenario that could cause more financial damage to the already shaky American economy.

While Obama offered no specifics on how the U.S. may be willing to assist Europe, he said failing to resolve the continent's debt crisis could damage a U.S. economy saddled with slow growth and nine per cent unemployment.

"If Europe is contracting, or if Europe is having difficulties, then it's much more difficult for us to create good here jobs at home," Obama said at the conclusion of the day-long summit.

While Obama has offered support to his European peers, the U.S. believes the Europeans have the financial capacity to solve the debt crisis on their own.

THE ASSOCIATED PRESS

News in brief

Too straight to play gay

LOBBING A SETTLEMENT. A gay softball organization has agreed to pay an undisclosed sum to three players who were disqualified from its 2008 Gay Softball World Series because of their perceived heterosexuality.

And as part of the settlement announced yesterday, their team will be awarded the second-place trophy it was denied at the time.

THE ASSOCIATED PRESS

Peacekeepers shot in Kosovo

SERB SKIRMISH. A German NATO officer and a soldier were shot and wounded in a clash with Serb protesters in northern Kosovo yesterday after the military alliance's troops used heavy machinery to remove trucks and buses blocking a main road in the tense region, an official said.

THE ASSOCIATED PRESS

Police protest unfair trials

TUNISIA. Hundreds of Tunisian police are demonstrating in the capital of Tunis, complaining that they are being scapegoated under the new government.

The country's police were widely reviled for their role in enforcing the decades-long dictatorship of ousted President Zine El Abidine Ben Ali and have been accused of killing hundreds of demonstrators.

Police yesterday said the 150 members of the security forces under arrest were not receiving fair trials.

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Ex-teen star talks tabloid torment

Singer suspected family was leaking secrets, when really it was media

She was just 13 when Rupert Murdoch asked her to sing at his wedding.

Charlotte Church was given a choice: a £100,000 fee, or a chance to generate goodwill with the media magnate by performing for free. She wanted the cash, but her record company and manager said no, it was better to make friends with Murdoch, head of a global news and entertainment empire.

Church, 25, told Britain's media ethics inquiry yesterday that the Murdoch press, and other British tabloids, had ruthlessly tormented her since she was a child singing sensation, blowing her credibility "to bits" and badly damaging her career.

She said press intrusion had a devastating impact on her family life and particularly on her mother. Church said her mother had tried to kill herself in part because she knew a newspaper was planning to expose her husband's extra-marital affair.

She described how cameramen tried to take photos up her skirt and down her blouse and published "intimate" details about her sex life when she was just 17.

"I've been made a caricature for so long, and this person portrayed in the tabloids really isn't me," she said.

Church, a pop and opera singer with a spectacular voice, was the latest prominent person to tell the committee how Britain's unscrupulous press has invaded their privacy and damaged their lives.

Prime Minister David Cameron set up the inquiry in response to the scandal that began with illegal eavesdropping by the News of the World tabloid.

THE ASSOCIATED PRESS

JOEL RYAN/ FILE PHOTO/THE ASSOCIATED PRESS

▶ British singer Charlotte Church told Britain's media inquiry yesterday that persistent press lies about her had blown her credibility "to bits" and badly damaged her career.

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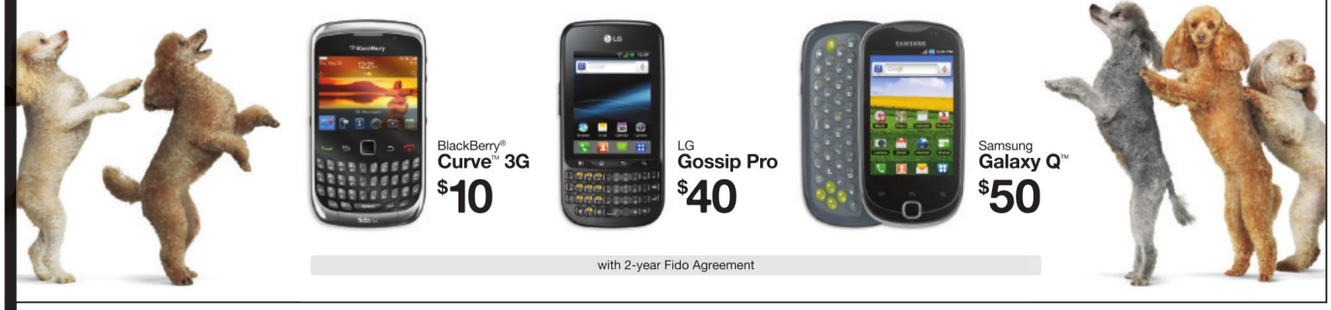

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Hillcrest Mall
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Woodside Square
ST. CATHARINES
Pen Centre Mall
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The Promenade Shopping Centre
TORONTO
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1911 Finch Avenue West, Unit K11
1712A Queen Street East
290 Queen Street West
1448 Queen Street West
222 Spadina Avenue, Unit 3A
363 Yonge Street
2300 Yonge Street, Unit S22, concourse level
2674 Yonge Street
5150 Yonge Street, Unit G3
6064 Yonge Street
Agincourt Mall
Cedarbrae Mall
College Park
Dufferin Mall
East York Town Centre
Eglinton Square Shopping Centre
First Canadian Place
Gerrard Square
Lawrence Square
Oriental Centre Mall
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Spider-Man knows when to fold 'em

Maguire one of 14 to settle lawsuit 22 were sued to recoup poker winnings from Ponzi-scheme operator

Tobey Maguire has decided to settle a lawsuit over his winnings from a convicted con man during high-stakes Hollywood poker games.

The Spider-Man star agreed to pay $80,000 US to settle the lawsuit filed over more than $311,000 he was paid by a convicted Ponzi-scheme operator in Texas Hold 'Em matches that included celebrities, businessmen and others, court documents state.

If approved by a judge next month, Maguire will pay the money to a bankruptcy trustee who is trying to recoup money that former hedge fund operator Bradley Ruderman bilked from investors to finance his lavish lifestyle.

CHRIS PIZZELLO/THE ASSOCIATED PRESS FILE

▶ Tobey Maguire

Howard Ehrenberg, the bankruptcy trustee who sued the group, said yesterday the poker settlements total more than $1.7 million.

In court filings, Maguire noted that he lost $168,500 to Ruderman, who is currently serving a 10-year federal prison sentence in the U.S.

Several of those sued are fighting the cases, most notably actor-director Nick Cassavetes. His attorney has said the games were not illegal and the statute of limitations has long passed for pursuing any criminal charges for the games held between 2006 and 2009.

Filings show that billionaire Alec Gores and Welcome Back, Kotter star and poker aficionado Gabe Kaplan have also settled cases filed against them.

Gores, along with his brother, attempted to buy Miramax films last year.

THE ASSOCIATED PRESS

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There are things that only world's largest newspaper can do.

Toyota. Fun-Vii

▶ Toyota unveiled its concept car, Fun-Vii, yesterday ahead of the Tokyo auto show. Resembling a smartphone, the car works like a PC and allows drivers to connect with others with a tap of a touch-panel door.

KOJI SASAHARA/THE ASSOCIATED PRESS

Concept car a smartphone on wheels

Economy weakens

Household debt eroding consumer confidence: OECD

The OECD says Canada's economy has weakened significantly, but should avoid a recession if the European financial crisis is contained.

In a new global forecast, the Organization for Economic Co-operation and Development says Canada's economy will expand weakly by 1.9 per cent next year.

It warns that if Europe's problem is not resolved, policy-makers around the world must prepare for severe economic disruptions.

Failing a crisis, the Paris-based organization says Canada and the U.S. will lead the G7 in growth next year.

THE CANADIAN PRESS

Market moment

TSX	Dollar	Oil	Natural gas
+ 178.15 (11,640.21)	+ 1.29¢ (96.58¢ US)	+ $1.44 US ($98.21 US)	$3.3640 (– 17.8¢)
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"Gave my wedding gift money to charity." – Jennyfer
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GIVING UP ON HIGHRISE LIVING

SHE SAYS ...

JESSICA NAPIER
METRO

Last weekend I moved — an entirely frustrating and time-consuming ordeal that we all go through at least a few times in our lives. After 16 months in a cookie-cutter condo building, I left my highrise rental for something entirely different.

I found a newly finished basement apartment in a beautiful Victorian house on a wide leafy street a mere 15-minute walk away from my old address. And even though my postal code remains the same, my new place feels a world away from the glass and concrete wasteland I once called home.

Back on street-level (well, I guess technically I'm below it) there is a whole world I had forgotten about, a diverse neighbourhood where people manicure their lawns and next door's cat prowls by your window.

Subterranean living has its deficits for sure — natural sunlight is at a minimum and cellphone reception is spotty at best. Taking out the garbage has become a real chore rather than something I could send down a magical "someone else's problem" chute.

"I never anticipated that a basement would feel less claustrophobic than a brand new apartment, and, yet, your rental dollars go a lot further when you invest them underground. Despite the low ceilings, the space feels vast in comparison to my 500-square-foot cube."

And, yes, the view leaves a lot to be desired (the view is dirt; it's a basement, remember). But you know what? The lookout on the 21st floor had its problems too. It was unnerving how easy it was to peer into the private goings on of the residents in the adjacent condo development. After a while it started feeling a little bit too much like Rear Window for my liking.

I never anticipated that a basement would feel less claustrophobic than a brand new apartment, and, yet, your rental dollars go a lot further when you invest them underground. Despite the low ceilings, the space feels vast in comparison to my 500-square-foot cube. I'm no longer tripping over my furniture and I can actually have more than two guests over for dinner; I just can't invite anyone over six-foot-six.

I'm sure the novelty will wear off eventually, but for now living in a brick-and-mortar-home again is oh so charming. I'm comforted by the ambient noise of the furnace and footsteps overhead. Rather than suffocating on recirculated condo air, I wake up in the morning to a refreshing chill of a real house.

Downtown space is at a premium and building upwards is the obvious solution for overcrowded cities. But while vertical living is an unavoidable reality, I'm not sure that people are meant to live 20-something floors up in the air. There's just something much more human about being back down to earth.

Read more of Jessica Napier's columns at metronews.ca/shesays

Register at metropolitanpanel.ca and take the quick poll

Did you win your Grey Cup bet?

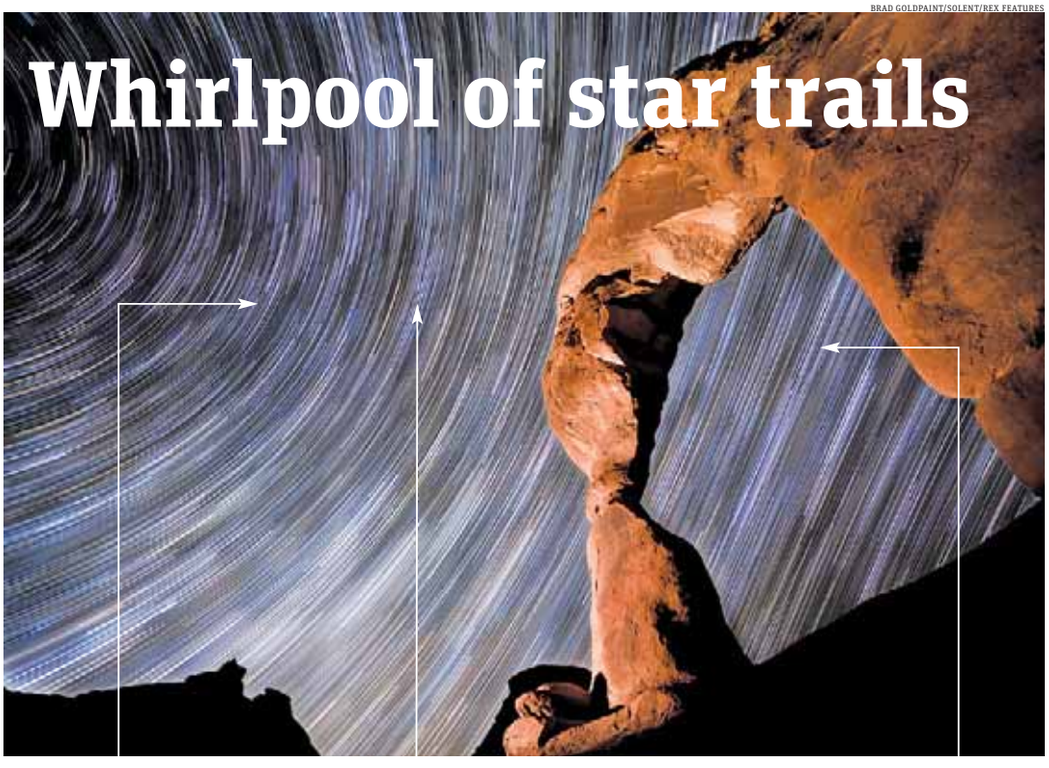
67% YES! I KNEW THE LIONS WOULD COME THROUGH

33% NO. THE BOMBERS LET ME DOWN

Local tweets

- **@jkozuch:** And just like that, @HULKMATLOW and @HulkSueAnnLevy join the fray to HULK SMASH CITY HALL! #TOCouncil #TOPoli
- **@fsorbara:** @shelleycarroll shelley budget numbers purposely misleading. Cuts to student nutrition programs and TTC capital budget dumb etc #TOpoli
- **@shelleycarroll:** Going on Goldhawk in 1d min with Del Grande and Parker. But Parker not here yet.?. #tocouncil #topoli
- **@RegulusdeLeo:** Student nutrition program?? Really? How did the City ever start this in the 1st place? Parents not govts feed kids. #topoli
- **@DavidHains:** So #budgetmas has gifted us with three new HULK #topoli accounts: @HULKSUEANNLEVY, @HULKSATTVA01 and @HULKMATLOW #budgetmasmiracle
- **@madhatressTO:** @DavidHains This getting out of hand. Like all the damn raccoons taking to Twitter #budgetmas #topoli #budgetmasmiracle
- **@cityslikr:** Dale Goldhawk believes this is a compromise budget. Message received. #TOpoli

BRAD GOLDPAINT/SOLENT/REX FEATURES



Whirlpool of star trails

Camera snaps starry beauty

THOMPSON, UTAH. The slow motion of a wild, starry night was captured in a single frame by photographer Brad Goldpaint, who shot this image from a 305-metre shear drop in Arches National Park. Brad trekked 2,092 kilometres across the States, snapping landscapes to capture "inspirational elements within the natural world." MWN

"I want to illustrate the unknown and put it together with earthly landscapes."
BRAD GOLDPAINT, PHOTOGRAPHER

Snap a 'star trail'

- **Use a sturdy tripod.** Any movement will put "squiggles" in your trails.
- **Use a wide-angle lens.** The 35mm equivalent of 20-50mm focal length is good.
- **Open the shutter.** Leave it open as long as possible. Longer exposures mean longer star trails.
- **Choice of camera.** "Nikon. I shoot in a raw-image format."

They call these lines 'star trails'

PHOTOGRAPHY. Hallucinatory, spell-binding — perhaps nauseating? These are star trails, a feature specific to astrophotography. They are lines of light made using time-lapse photography: stars recorded as the Earth rotates over time by a camera with an open shutter to produce these stunning circular lines. MWN

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Battle of the box sets

Do you have a music geek in your house? Check out some of these epic box sets
These collections dig deep to satisfy the hunger of the most rabid fans

U2: Achtung Baby Super Deluxe Edition Box Set

Longevity in the music business can be traced to a pivotal moment in an artist's career, and for U2, that milestone was Achtung Baby. The 1991 album represented U2 2.0, the point where the band reinvented itself. Now fans can experience the making of the classic recording with a box set that includes nearly as many discs as album releases. The album that spawned such classics as One and Mysterious Ways was recorded in Berlin during a tumultuous period for the band. After experiencing the mega-success of The Joshua Tree and the concert film Rattle and Hum, the band was at a crossroads. So they broke away from their families to find their sound in a distant land. After a great deal of tension, they found what they were looking for with One, and the rest fell into place. Not only were they able to churn out the remainder of the album, but they also recorded the follow-up, Zooropa. The collection consists of six compact discs and four DVDs, including the documentary, From the Sky Down, and a Zoo TV special. Other goodies include a hardcover book and 16 art prints. There's a scaled-down two-disc set that includes 14 additional tracks, and an uber-deluxe version that includes a set of collectible vinyl singles, a magnetic puzzle tiled box, and a pair of Bono's trademark Fly sunglasses.

Nirvana: Nevermind Super Deluxe Edition

Working through the hours of material on this 20th anniversary celebration of Nirvana's Nevermind is an unexpectedly melancholy experience. When Nevermind hit the street in 1991, destroying hair metal in just a few bars of Smells Like Teen Spirit, it reshaped not just rock music but pop and punk and America. Listening to the various versions of Nevermind in this edition, one of two commemorative releases, reminds us that no one's really come close to carrying the standard in the years after Nirvana's fiery flare across the night sky. The super deluxe version is both fascinatingly deep and needlessly so at the same time. There are four discs with 69 cuts that include a remastered version of the original album, various B-sides, live cuts and unreleased versions and even a few early boom box proto-recordings that provide a glimpse at the evolution of Nirvana's biggest hits. There's also a book that includes photos and other artifacts from the period. The highlight of the super deluxe edition is the Nirvana: Live at the Paramount DVD of the band's Oct. 31, 1991, concert in Seattle. Things were just starting to blow up and the band is young and powerful.

The Smiths: The Smiths Complete

This is a swank box set, in both CD and vinyl, containing all four studio albums released in an astounding flurry between 1984 and 1987 and four more discs of live bits and odds and ends. Morrissey's sweetly crooned rancour and cutting indignation remain a soothing balm years later, and Johnny Marr's diamond-lattice guitar work is still every bit as engaging as it was in the mid-1980s, despite all the copycats and pretenders over the years. These albums were grenades lobbed at the establishment at the time and should find fresh ears in the 21st century. Morrissey and his mates were reacting to the growing elitism of the wealthy and the many inequalities of modern society. Many of the same themes have re-emerged 25 years later in the age of Occupy Wall Street. The Smiths have aged very well. The Queen is Dead and Vicar in a Tutu remain vibrant and alive, the sneer still fresh on the lips. There is a Light That Never Goes Out and I Want the One I Can't Have remain just as heartbreakingly sad. And songs like How Soon is Now and London still rock with an unexpected ferocity. One disappointment is the light liner notes.

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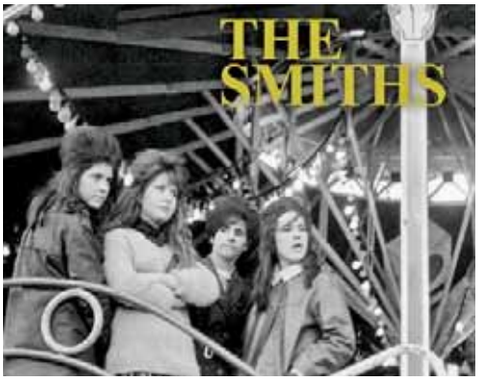
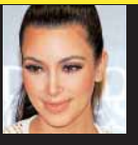


2 scene

Scene in brief



Justin Bieber is the king of the web in the U.S. but gets less love from his home country, according to year-end search results from Bing.com. According to Microsoft's search engine, Bieber was the top searched person in the U.S. in 2011 but barely cracked the Top 10 list in Canada at No. 9. The top searched celebrity in Canada was Kim Kardashian, while she was second in the U.S.

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Scan this code for the top searches on Bing.ca in 2011.

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Seger's digital dive

Rocker puts one foot in the future after nearly a half century in the biz

PAT HEALY
LIFE@METRONEWS.CA
METRO WORLD NEWS IN BOSTON

If you've ever looked for songs by Bob Seger & the Silver Bullet Band on digital outlets, you've likely been disappointed when the search yielded results by artists with names like Night Moves and the Ultimate Bob Seger Cover Band, and next to the song titles would be parenthetical disclaimers like "as made famous by Bob Seger."

But the classic rocker's reluctance to go digital has finally subsided. This year has seen the release of two live albums, a rarities collection and Seger's brand new ultimate hits compilation, Rock and Roll Never Forgets came out on digital on the same day it was in stores.

"I just felt it was time," says Seger. "I was after my management to do it. We're one of the last ones to do it, and I felt like I would like to have people have the opportunity to get it. As it goes along, we're still doing it piecemeal, but that's my management's decision, and I don't question that. I've had the same guy for 45 years, so I've been pretty fortunate so far, so I'm not going to question how he does business."

"I just felt it was time... We're one of the last ones to do it." BOB SEGER ON MAKING THE MOVE TO DIGITAL

There are a few other surprising revelations in the last portion of that quote: Firstly, that Seger has been in the business for at least 45 years, and secondly that he would have such loyalty to the same manager in an industry where the business is historically so fickle.

But devotion and dedication have been constants in his career. Throughout an hour-long discussion, Seger makes sure to give his Silver Bullet Band members due credit.

"I love the way Alto played horn on it," he enthuses about sax man Alto Reed's part on the powerful road warrior ballad, Turn the Page. And he's also quick to cite how he loves the energy that drummer Don Brewer brings to Hollywood Nights.

As for the length of his career, that's well chronicled in the title track of

▶ Bob Seger's new ultimate hits compilation is now available in digital format.

Tune times

Rock and Roll Never Forgets (but sometimes it gets the dates wrong)

- Years and the history of rock and roll have always played an important part in Seger's songwriting, as in his classic, Night Moves. He recounts, "I started humming a song from 1962." So, what was that song?
- "Oh, I'm glad you asked that," he enthuses. "It was Be My Baby by the Ronettes! And then I was fortunate enough, about 10 years ago, to meet Ronnie and tell her that, and she's such a sweet kid, Ronnie Spector."
- It turns out that Be My Baby actually came out in the summer of 1963. It was not without embarrassed apologies that this reporter delivered this correction to such a well-respected singer.
- "Oh wow," says Seger with a surprised laugh. "Well, yeah, but I wrote the song in '76, so I was already too old and getting my dates wrong!"

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SCOTT LEGATO/GETTY IMAGES

Chicks peek into the past

New Dixie Chicks VH1 Storytellers' DVD a "gift" for fans waiting to see trio's return

GUS RUELAS/THE ASSOCIATED PRESS

▶ The Dixie Chicks have yet to announce any new tour plans.

Emily Robison admits it was a little "bizarre" watching Dixie Chicks Storytellers half a decade after it first aired.

The show was taped in 2006 and The Dixie Chicks multi-instrumentalist says it feels like a lifetime ago. So many things have changed, including the nation's political climate and the Chicks' ongoing, indefinite recording hiatus.

The VH1 Storytellers installment, out today for the first time on DVD, is the only material coming from The Dixie Chicks any time soon (the group did do a brief tour with the Eagles last year).

"It's kind of a gift to our fans right now," Robison said in a phone interview from Texas last week. "Because I know they've been so patient and they're a bit frustrated with our lack of being out there right now. So it's just something we feel like we can put out there and give to them, I guess."

Storytellers was taped after the release of Taking the Long Way, the album that went on to win five Grammys, including album of the year, and now marks the end of the Chicks' discography for the time being.

The group was still recovering from the controversy over singer Natalie Maines' 2003 comments against President George W. Bush and the looming war in Iraq. The Dixie Chicks lost about half their audience in the ensuing furor, but fought back in a powerful way, drawing support from many quarters.

"I know they've been so patient and they're a bit frustrated with our lack of being out there right now."
EMILY ROBISON OF THE DIXIE CHICKS ON THE BAND'S FANS

The DVD documents a raw time for the band, and the emotion shared on songs like Not Ready to Make Nice and Easy Silence is palpable. Robison said she felt something of a dislocation as she watched a copy of the DVD a few months ago. Many of those emotional wounds have scarred over in the years since.

"I have mixed feelings about it," Robison said. "I definitely feel like things happen for a reason and I don't really regret what happened. What happened to us was different. But as far as how we handled it and our stance on things, I would probably do the same thing today. I can't say I have any regrets that way."

The band, which also includes Robison's sister Martie Maguire, isn't the only thing that's changed in that time. The political climate is quite different, too. Eight years later, Robison said, many of the same people who shouted down the Chicks are now vocal critics of President Barack Obama.

THE ASSOCIATED PRESS

[illegible] gets.

"I had like 12 years before I ever made any money," he says. "We did a lot of clubs, and we did a lot of high schools, and you name it, outdoor things, and then after 12 years — in 1975 — I broke through."

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My name is Lee Romanov and I launched one of the first Internet businesses in North America that made millions of dollars, even in the 90s.

After recently selling my business to Torstar (one of the largest media companies in Canada and owner of the Toronto Star) I combined all of my Internet experience along with my **immense frustration of technology** and created a website program called **IncomeActivator.com.**

You may know me as a Consumer Advocate helping people save thousands of dollars off their car insurance rates through the company I created, InsuranceHotline.com. It's a rate comparison website providing the lowest quote to drivers from over 30 insurance companies. You may also know me from my Talk TV show on CP24, or from my columns in either the Toronto Star or Globe and Mail.

Income Activator allows anyone, at any level, to own and operate a successful online business exactly like the pros. You can activate multiple revenue streams with the click of a mouse while having complete control over your website. You can put up your own pages, pictures, videos, links, create questionnaires and collect data even if you're a one finger typist; and not at all computer savvy.

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A few weeks back IncomeActivator.com helped Pat Foran of CTV with the launch of his website and new book The Smart Savvy Young Consumer. Pat would not describe himself as an Internet or computer guy. He's a broadcaster, consumer advocate, and author, who has complete control over his website (www.PatForan.com) and Internet business where you can go right now and buy his books.

I lived through the frustration of trying to get clear answers to Internet questions.

I spent tens of thousands of dollars looking to experts for answers... like how to get search engines to display your website at the top of the search pages. What I found was that each internet expert had only one piece of the puzzle, and none of their solutions came with the technology to put this into action.

I learned... **if it's Not Actionable... it's Not Useful.**

I know from experience that an online business can be **Extremely Profitable** and can truly get people out of their financial struggles and allow them to do the things they're interested in and meaningful to their lives.

I am sick and tired of seeing these 'Get Rich Quick' schemes that take people's money and Do Not Work.

My heart goes out to business owners who spend good money only to have their websites out of date the day after it goes online. If you can't use your website as a marketing tool every day, it'll never be much more than an expensive brochure. You need to be able to go in and tweak your website regularly to capture new online search traffic, and expand your revenue streams.

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Income Activator is designed to make you successful, not dependant, like other programs out there.

If you have a website you can easily transfer over your content to begin activating multiple revenue streams **I've made it embarrassingly simple.**

I also learned never take advice from someone that's never made money online.

When creating Income Activator I included both my marketing strategies and revenue streams.

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What I know now is that……**if it's Actionable……it's Valuable!**

www.incomeactivator.com

The particular sadness of pet loss

All dogs go to ...? Award-winning author and artist combine talents on children's book about a puppy's passing

First there was Marley, the rambunctious Labrador retriever whose death brought readers to tears in John Grogan's Marley and Me. Now there's Sammy, a mixed-breed hound who's the subject of another tear-jerker, a children's book, Sammy in the Sky.

When her beloved hound dog died, Pulitzer Prize-winning journalist Barbara Walsh watched her young daughters tearfully struggle with their loss and with tough questions. Walsh quickly realized there was a story to be told, one that she hopes will help other families deal with the loss of a pet.

But it wasn't easy getting the book published, even after Walsh enlisted celebrated American artist Jamie Wyeth to fill the pages with illustrations in watercolour, acrylic and pencil.

ROBERT F. BUKATY/THE ASSOCIATED PRESS

▶ Artist Jamie Wyeth and writer Barbara Walsh collaborated on the new children's book Sammy in the Sky.

Book agents and publishers were squeamish about the subject matter, yet Walsh and Wyeth didn't want to sugarcoat the pain and sorrow that unfolds in Sammy in the Sky.

"Agents didn't want to go near this book. They said, 'It's too sad, it's too real,"' Walsh recalled.

"That's my point. There's nothing else like this out there."

Sammy in the Sky is not expected to outsell Marley, but it's doing well for a children's book. The first printing of 10,000 sold out in a couple of weeks; the book is now on its third printing.

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DVD Releases

Sarah's Key
Genre: Drama
Director: Gilles Paquet-Brenner
Stars: Kristin Scott Thomas, Melusine Mayance, Niels Arestrup

In this potent Holocaust drama, Julia (Kristin Scott Thomas) is an American investigative journalist working at a contemporary magazine in Paris. She seeks elusive facts regarding the infamous Vel' d'Hiv Roundup, the 1942 mass arrest of that city's Jews, many of whom were turned over to occupying Nazis by their collaborationist fellow Frenchmen. As Julia probes the poorly documented events of 1942, she uncovers evidence of a personal connection to them, evidence that changes everything she knows about her world. Once this truth is known, it can never be unknown, no matter how many people — her husband included, insist that it's ancient history. Meanwhile, director Gilles Paquet-Brenner (working from Tatiana de Rosnay's international best-seller as source material) introduces us to Sarah, a 10-year-old Jewish girl living with her parents and 4-year-old brother in wartime Paris. When the gendarmes arrive at her home in 1942 to do the Nazis' bidding, quick-thinking Sarah (Melusine Mayance) hides her brother in a secret locked closet , promising to return for him. She keeps the key close, little suspecting how difficult it will be to use it again.

With these story lines, the film assumes the dynamics of a thriller on two fronts, set nearly 70 years apart.

PETER HOWELL

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Another Earth

Genre: Drama
Director: Mike Cahill
Stars: Brit Marling, William Mapother, Matthew-Lee Erlbach

Starring director Mike Cahill's co-writer Brit Marling, this Sundance prize winner tells a sci-fi story within the realm of intense human emotion, and with minimal special effects. A double of planet Earth, called Earth 2, is discovered to be moving alarmingly towards Earth 1. But events that concern the protagonists are at ground level, beginning with a tragic car accident caused by astrophysics student Rhoda (Marling). Returning from a party of much imbibing, she's too busy marveling at Earth 2 from her car window to notice an approaching family sedan. A boy and his pregnant mom are killed in the crash. The father, former Ivy League music professor John Burroughs (William Mapother, TV's Lost), is left in a coma. Rhoda is sent to jail for four years. Upon her release, she learns Burroughs has come out of his coma, with no memory of the crash. To atone for her sins, she pretends to work for a cleaning agency, and offers a "free trial" to Burroughs, who is badly in need of assistance in his neglected country abode. As Rhoda scrubs away physical grime, will her psyche also rub clean?

PETER HOWELL

Our Idiot Brother

Genre: Comedy
Director: Jesse Peretz
Stars: Paul Rudd, Elizabeth Banks, Zooey Deschanel

Comic smartie Paul Rudd is theoretically out of his comfort zone in this wry comedy, in which he's called upon to play a gentle soul, Ned, who is utterly without guile and thus always getting himself in trouble. Ned can be clueless — can't we all? — but he's no imbecile. He prizes sincerity in a world that runs on deception. Ned is brother to three demanding females: overprotective mother of two Liz (Emily Mortimer), abrasive Vanity Fair writer Miranda (Elizabeth Banks) and flaky party girl Natalie (Zooey Deschanel). Who's the real fool? Maybe Ned isn't as accident-prone as he lets on.

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Bob Miley or Lyin' Miley?

Cyrus retracts her self-incriminating statement about being a stoner

THE WORD

DOROTHY ROBINSON
SCENE@METRONEWS.CA

Hannah Bongtana, it's time to come clean.

After it surfaced over the weekend via The Daily that Miley Cyrus was presented with a Bob Marley-shaped cake at her 19th birthday party at the Roosevelt Hotel in L.A. and quipped, "You know you're a stoner when friends make you a Bob Marley cake — you know you smoke way too much f---in' weed," she is now retracting it, saying the video was all a "joke."

Her rep tells TMZ that Miley was joking about the cake and that the Bob Marley reference was because her friend Kelly Osbourne has been calling her Bob Miley since she saw a video of her ripping a huge bong hit last year. Cyrus then claimed that it was salvia, a harmless herb, and not marijuana in the bong.

Cyrus's rep says that Miley is not a pothead.

Pfft. Right.

Because non-stoners are known for their love of all things Bob Marley.

My 74-year-old Republican mother has a giant Marley tapestry hanging in her living room because it matches her sofa.

ALL PHOTOS GETTY IMAGES

▶ Miley Cyrus

Celebrity tweets

Think this mom with the girls in pageants is fulfilling "her" dream, not her daughters.

@Oprah

@rickygervais

Is there anything more boring and pointless than tweeting about someone's typos or syntax on twitter? It's f---ing TWITTER for Christ sake.

@MissKellyO

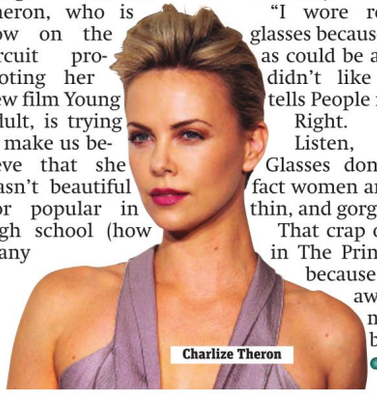
Taking my papa grocery shopping!

@ConanOBrien

Scotch looks delicious, but then you take one sip and it tastes like a leather furniture store that's on fire.

Charlize the ugly duckling?

Speaking of people totally lying, Charlize Theron, who is now on the circuit promoting her new film Young Adult, is trying to make us believe that she wasn't beautiful nor popular in high school (how many "pffts" can I fit into one column?).



Charlize Theron

"I wore really nerdy glasses because I was blind as could be and the boys didn't like (me)," she tells People magazine.

Right.

Listen, Hollywood: Glasses don't hide the fact women are 5-foot-10, thin, and gorgeous.

That crap only worked in The Princess Diaries because Anne Hathaway had a major unibrow.

METRO

▶ Pippa Middleton

Pippa scores a book deal

Royal sister-in-law Pippa Middleton has secured a nearly $600,000 advance to write a party planning book, according to the Mail on Sunday.

An auction for the socialite's project had reportedly been going on for weeks, with publisher Michael Joseph, an imprint of Penguin, coming out on top.

"It will be about entertaining and how to throw the perfect party," a source says.

"It's not just about being the perfect hostess — it will also include recipes and information about how to host different types of events."

The book, which Middleton is reportedly writing without the help of a ghostwriter, is due out in time for the 2012 holiday season.

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A new study shows that dog owners stay more active than their counterparts during the winter Lead author suggests they can have positive effects beyond just increased activity

CELIA MILNE
LIFE@METRONEWS.CA

ISTOCK PHOTOS

A recent study once again proves what we all know — dog owners are better people.

Not rain, not ice, not snow, not sleet can keep your doggie off his feet.

People who own dogs benefit health-wise from their pet's need to go for walks all year long.

A recent study at the University of Calgary found that having a dog keeps owners active and walking, even in horrendous weather.

This is significant because a large percentage of Canadians — 64 per cent — are inactive during the winter.

Who can blame them? In Calgary, in the dead of winter, sunset occurs less than eight hours after sunrise and the mean temperature ranges from -8.5 to 1.5 degrees C, say the authors.

There's nothing like a pair of big brown, begging eyes and some adorable furry eyebrows to get you to don your mitts, hat, boots and parka, and get outside.

"By acting as cues for physical activity, dogs may help their owners remain active across seasons," says Parabhdeep Lail, lead author of the study and a medical student at the University of Calgary.

He and colleagues studied the walking habits of 428 Calgarians in both summer and winter. In the group, there were 115 dog owners.

The dog owners were at least three times more likely than non-owners to be consistent about walking in their neighbourhoods for recreation, the study found.

"This can have a positive effect on others in the community," reported Lail.

Seeing neighbours outdoors walking their dogs encourages non-owners to get out and walk and makes people feel safer in their communities.

Lail and his colleagues suggest that dog-friendly neighbourhoods — including housing that allows dogs and parks that support dogs — may assist in enhancing population health by promoting physical activity.

3 life

A new study shows

Cupcakes are as addictive as cocaine

Processed, sugary foods are as addictive as cocaine or nicotine, say scientists from Yale University. When binge eaters were shown images of food, the decision making part of their brain experienced a surge dopamine in the same way an addict would respond to seeing drugs.

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Best Health Minute

BONNIE MUNDAY, EDITOR-IN-CHIEF, BEST HEALTH MAGAZINE

In The Raw

If you've heard of the raw-food diet, you've probably also heard that raw fruits and vegetables are always better for you. But that's not true. Yes, heat destroys enzymes in foods that make them more easily digestible. But cooking also breaks down fibre, making these foods easier for your body to process. (Imagine trying to chew, much less digest, a raw Brussels sprout.)

Scientists have discovered that cooking even boosts levels of important compounds in some fruits and vegetables.

For instance, ketchup — which contains concentrated tomatoes — has five to six times more lycopene, a cancer-fighting antioxidant, than raw tomatoes do. Heat does rob fresh produce of some nutrients, especially vitamins that dissolve in water. For example, cooking fruits and vegetables tends to reduce their levels of vitamin B6, vitamin C and folate.

▶ Cooking vegetables can increase their antioxidant levels.

But cooking actually increases the antioxidant levels of some vegetables, such as corn and carrots.

If you like raw produce, crunch away. But don't fear the vegetable steamer.

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Thoughts on ... Knowing

VALUES. Knowing, simply put, is the art of knowing yourself as you really are. It is more than just knowing your favorite color, your ideal mate, your favorite pet or everything about your best friend.

Knowing yourself well means knowing your values in life, your beliefs, your personality, your priorities, your moods, your habits, your body, and your relationships. It means knowing your strengths and weaknesses, your passions and fears. It means knowing your eccentricities and idiosyncrasies, your likes and dislikes, your tolerances and limits. Knowing yourself well means knowing your purpose in life. Sooner or later not knowing yourself becomes obvious — choose to start getting to know yourself.

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The effect of loneliness

A new study published in the American Academy of Sleep Medicine suggests that how lonely you are impacts how well you sleep We take one step further and find out other adverse effects loneliness can have on your life

ROMINA McGUINNESS
LIFE@METRONEWS.CA
METRO WORLD NEWS IN LONDON

John Cacioppo, an expert in the biological effects of loneliness, wants people to know that feeling lonely has nothing to do with being alone. You can suffer from loneliness yet be surrounded by people, if you feel as if you have no one you can trust or confide in.

"It's the subjective experience of loneliness that is harmful, not the actual number of social contacts a person has," he says.

When loneliness develops into a chronic condition, it becomes a risk to both mental and physical health.

You'll sleep like a baby, literally

Loneliness causes sleep to become fragmented.

"When you're sleeping, your guard is down. If you're lonely your brain will subconsciously know there's no one out there to protect you and this insecurity is what causes you to fret," explains Lianne Kurina, assistant professor of epidemiology at the University of Chicago.

Fatigue takes over as your body has less time to repair and recuperate.

You'll get comfort from cupcakes, not company

Lonely people seek sources of pleasure that aren't affiliated with others. Their body craves, and abuses, pleasurable substances such as fatty or sugary foods and alcohol. In a way, it's a form of self-medication, as these provide a superficial, short term high and make up for the lack of dopamine present in their system.

"Lonely people cave in so easily because as their brain is already on the look out for so many threats, it becomes less well tuned to controlling," explains Cacioppo.

You'll be more prone to catching the flu

We are genetically designed to adapt to loneliness. We become more vulnerable to viruses as our body focuses on fighting bacteria.

"Viruses are affiliated with human contact (sneezing, saliva) but if you're lonely your brains identifies physical contact as non existent or hostile so drives all your energy into healing cuts or abrasions," says Cacioppo.

Stress will take over your body

Chronic loneliness activates the sympathetic nervous system. Responsible for coordinating the body's 'fight or flight' response to stress, the system is designed to prepare the body for looming threat.

This state of alert triggers a number of physiological changes. Vascular resistance goes up, tightening of the arteries, which raises blood pressure. Levels of cortisol, the stress hormone used as an emergency supply of energy to boost the immune system, increase."

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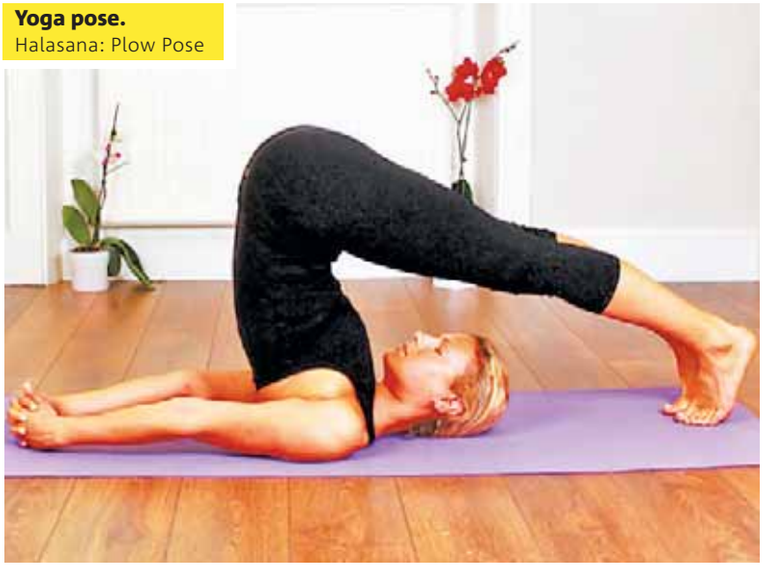

Get into it:

1. Bend from the hip joints to lower your toes to the floor above and beyond your head. Keep the torso perpendicular to the floor and legs fully extended.
2. Lift your top thigh and tailbone to the ceiling, drawing your inner groins deep into the pelvis.
3. Press your hands against the back torso, pushing the back up toward the ceiling as you press the backs of the upper arms down. Clasp the hands and press the arms down on the support as you lift the thighs toward the ceiling.

Get out

- bring your hands onto your back and roll out of the pose on an exhale.

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STEPHANIE KNUTSSON, BODYISM YOGA INSTRUCTOR

Trend

How safe is teeth whitening?

After Lindsay Lohan traded her cigarette stained teeth for a pearly white smile, we asked her dentist, Dr. Bill Dorfman, about the potential risks of teeth whitening.

"Although safe, teeth whitening should always be done under the supervision of a dentist. Using the 'Zoom!' technique (gel and light), it takes just an hour to get your teeth up to eight shades lighter. Slight discomfort can be expected, such as sensitivity, but they are never permanent and generally go away after 24 hours. Teeth whitening isn't painful, only five to 10 per cent of patients find the process painful. Only your natural tooth structure will be whitened," Dorman said.

Are you convinced?

ROMINA MCGUINNESS

Figuring out the flu

WHO finding new ways to respond quicker to viruses

The spread of an odd new flu virus that has been jumping from pigs to people in parts of the United States has the World Health Organization gearing up its response planning, a senior official of the agency says.

The UN health body is figuring out what needs to be done if the virus continues to spread and a global response is required, Dr. Keiji Fukuda, assistant director-general for health security and environment said in an interview from Geneva.

The WHO wants to be ready to make recommendations and issue guidance to countries if the need arises — though Fukuda stressed at this point it is far from certain there will be that need.

"We're very aware that we don't want to over-play or under-play. We're trying to get that right," says Fukuda, a leading influenza expert.

THE CANADIAN PRESS

Alarms

Facing criticism:

- **Overblown response** The desire to be prepared without raising alarm is a legacy of the 2009 H1N1 pandemic. The WHO was heavily criticized in Europe for declaring that event a pandemic when the outbreak turned out to be far milder than originally feared.

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LUNCH RUSH

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Never before has there been a better comprised wrap than the Spicy Pork Wrap ($7.75). Tender roast pork nestles against a brilliant pesto, grilled veg, bean sprouts and carrots. Encased in a thin wrap, the contents within shine.

Calling the Salad ($7.50 for six toppings) big is an understatement. From the balsamic dressing to the avocado, butternut squash, lentils, and more, it's unbelievably satisfying. Some suggestions? Make the romaine pieces bite-size and use beef not of the sliced sandwich variety. But these are small things.

The corn curry soup (add $1.75 for combo) is as nuanced as you'd find in a fine dining restaurant.

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THE CANADIAN PRESS H/O

Easy swiss fondue

Preparation:

1. In bowl, toss grated cheeses with cornstarch to coat. Rub inside of fondue pot with split garlic clove. In heavy-bottomed saucepan, heat wine to just below boiling point over medium heat. Whisk in cheeses in small amounts, adding more as cheese melts. Stir in Kirsch to make a smooth sauce.
2. Place fondue pot over fondue burner, pour in cheese mix and adjust heat so cheese keeps warm, but does not bubble. Use long-handled forks to dip bread cubes.

Ingredients:

- 250 g (8 oz) Gruyere, Emmental and Appenzeller cheeses, shredded
- 7 ml (1 1/2 tsp) cornstarch
- 1 garlic clove, split in half
- 175 ml (3/4 cup) white wine
- 30 ml (2 tbsp) Kirsch (optional)
- 1 baguette, cut into cubes

THE CANADIAN PRESS/ JANE RODMELL, ALL THE BEST FINE FOODS

Veggies for dessert?

Sweet Potato Brulée makes for a luscious ending

Preparation:

1. Scrub sweet potato and trim ends; pierce with knife in several places. Microwave on High 6 to 8 mins until tender, turning over partway through cooking. When cool enough to handle, remove skin and mash with a fork until smooth.
2. In large bowl, place 250 ml (1 cup) of mashed sweet potato and whisk in maple syrup until smooth. Whisk in milk, vanilla, ginger, nutmeg and salt until smooth. Whisk in eggs one at a time.
3. Divide among six 175-ml (3/4-cup) ramekins. Set ramekins in baking pan and place pan in oven. Pour in enough hot water to come halfway up sides of ramekins. Bake in a 180 (350 F) oven for 25 to 30 mins or until filling is almost set (centre jiggles a little, but will firm up on cooling and chilling). Remove ramekins to a wire rack to cool completely. Cover and chill for at least 4 hours or overnight.
4. Just before serving, blot tops of custards dry with paper towel. Sprinkle 5 ml (1 tsp) brown sugar over top of each. Place on a baking tray and place under broiler, watching carefully until sugar is bubbly. Serve immediately.

Ingredients:

- 1 sweet potato
- 125 ml (1/2 cup) pure maple syrup
- 125 ml (1/2 cup) milk
- 5 ml (1 tsp) vanilla
- 2 ml (1/2 tsp) ground ginger
- 1 ml (1/4 tsp) ground nutmeg
- Pinch salt
- 3 eggs, lightly beaten
- 30 ml (2 tbsp) brown sugar

ADAPTED FOR METRO NEWS BY EMILY RICHARDS, PROFESSIONAL HOME ECONOMIST, AUTHOR AND A TV CHEF. (EMILYRICHARDSCOOKS.CA)/ THE CANADIAN PRESS/ FOODLAND ONTARIO

THE CANADIAN PRESS H/O

Sweet potato brulée

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HOLIDAY OFFICE GIFTS: DON'T GO OVERBOARD

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Now that the holiday season is fast approaching, I'm once again confused and, more importantly, stressed about office holiday gift giving. When to give, what to give and how much to spend. Stressed for the Holidays

ISTOCK

▶ According to Charles the Butler, you shouldn't "give up" the ladder at the office. This means that if your boss buys you a gift, you are not required to buy them something in return. Instead, just write a thank-you note.

Dear Stressed for the Holidays,

The holidays are a stressful time for many people, so let's first try and take a little bit of the stress away.

Lets deal with the easy question: How much to spend?

First and foremost, you should only spend what you can afford. It is foolish to put yourself in debt just to buy someone a present. Anybody who would expect you to do that is not worth giving a present to, in my humble opinion.

Secondly, at the office, remember you technically never "give up" the ladder, so if your boss buys you something, you are not required to buy them something back. However, remember a good hand-written thank-you note will go a very long way!

And although I'm not one to push for office gifts, if everyone really wants to exchange presents, then a "Secret Santa," where you buy for one person, is just fine. But remember to stick to the agreed-upon budget and more importantly remember to be tasteful in what you buy.

The entire office will see this and being the office clown is not always a good thing. In fact, what was funny at the time you bought it in the store can be a big disaster in a professional office setting a few days later.

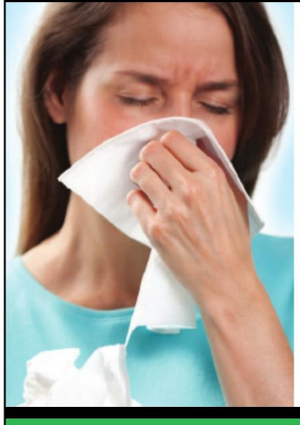
Deep breath, it is all going to be OK. Just make your list, set your budget and stick to it.

Oh and one final important rule: Don't wait until the last minute; go do your shopping now and get it over with.

You will love having your feet up on a cold winter's evening when everyone else is shopping and grumpy.

HAVE A QUESTION? EMAIL CHARLES AT ASKCHARLESTHEBUTLER@METRONEWS.CA.

Cold and Flu season is back



Are you suffering from a stuffy nose? Body aches and pain? Cough and chest congestion?

Cetero Research is seeking volunteers to participate in a 2-3 day study looking at how an investigational medication affects cold & flu symptoms.

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When your kids are full of gimmes

Getting teens to give back ain't easy

As the daughter of a minister, Jennifer James travelled frequently while her family served the less fortunate, from the rural heartland to the inner city. A lot of the time, she went without as a kid.

"My earliest memories are of working among the homeless in downtown Los Angeles, dipping ice cream for drunks," she said. "I learned a lot and I was a better person for it, but there was a lot of pain along the way."

In her zeal to spare her own three kids, the 44-year-old mom in Oklahoma City, Okla., has given them a world she didn't know — braces on their teeth, fancy computers and private schooling.

"Pretty soon it's like the kids just expect it and think you're giving so much because they're just that fantastic and not because you're making sacrifices," James said.

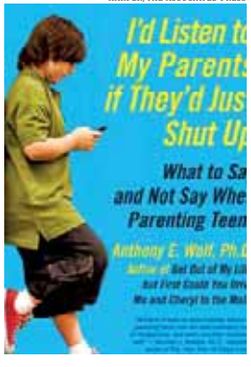
"They have no paradigm for sacrifice. Now I'm trying to wind the skein of yarn back up and it's not easy."

Call it entitled child syndrome, the chronic gimmes or just plain spoiled.

The lament is a familiar one for many well-meaning parents year round but intensifies at the holidays, especially among older kids who crank up gift demands but can't be coaxed to give back.

THE ASSOCIATED PRESS

HARPER/THE ASSOCIATED PRESS



Holiday spirit

Can you force a teen to volunteer for a good cause?

- "If you persist there's a reasonable chance that they might actually do it, but there also is a chance that they won't," says Anthony Wolf, a psychologist and author of I'd Listen To My Parents If They'd Just Shut up.
- "Whether they do or don't participate," he said, "the big picture is: 'What I really care about is that they basically become a good person.'"

'Tis the season for resourcefulness

FUN AND FRUGAL

LESLEY SCORGIE
MONEY@METRONEWS.CA

Being resourceful throughout the holidays saves you money and reduces waste.

For example, going all out on wrapping paper and bows kills trees and costs a few dollars per present. Why not reuse gift bags you've accumulated throughout the year?

Or, if you've prepared baked goods, give them out in reusable (and returnable) Tupperware rather than in disposable plastic baggies.

Check your jacket pockets, purses, in between the couch cushions and in junk drawers for coins or bills.

Saving money throughout the holidays isn't the same as being a cheapskate.

ISTOCK

▶ Don't start the New Year with a financial hangover from December.

Do you have partially used gift cards taking up space in your wallet? Have you cashed in all your Groupons?

Use up any leftover pennies, dollars and coupons toward gift purchases.

Next, check for re-gift opportunities. Did you get duplicate copies of your favourite book for your birthday?

Or did you win an iPod at work that you don't need because your existing one is perfectly fine?

Don't be embarrassed by re-gifting. If you can't use something, give it away. Otherwise it'll go to waste and collect dust.

What loyalty programs do you belong to? Air Miles, Aeroplan, credit card rewards, grocery store points?

Depending on your loyalty program you could cash in your points for gifts such as electronics or travel. If you're of the mindset that you should keep saving up your points for a massive trip in a few years from now, think again.

The longer you wait to redeem points, the more likely it is the point system will change and adjust to the increasing cost of providing the rewards.

Thus, your points become less 'rewarding' over time. Take advantage of them this holiday season and save money!

Saving money throughout the holidays isn't the same as being a cheapskate. Both your bank account and the environment benefit from your resourcefulness.

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He'll make you pay

A marketing guru reveals the tactics his industry uses to influence us all

HEATHER BUCHAN
LIFE@METRONEWS.CA

ISTOCK

▶ Bullseye! A company has captured your attention and you didn't even know it.

Students and faculty at Humber College were recently treated to a compelling presentation by international marketing guru and branding expert, Martin Lindstrom, who has for two decade, advised top corporations, including Pepsi, LEGO, American Express and Microsoft, on how to build stronger brands.

Voted one of the world's 100 most influential people in 2009 by Time Magazine, Lindstrom was recently in Toronto promoting his latest book, Brandwashed: Tricks Companies Use to Manipulate Our Minds and Persuade Us to Buy, in which he turns the spotlight on his own industry and reveals the psychological tricks used by companies to win our money.

Not only did Lindstrom's presentation give faculty and students the opportunity to bring new concepts to the classroom, but it served to help faculty understand human behaviour in order to optimize student recruitment, retention and engagement.

"Sound and vision activate emotion and when you have emotional engagement, you have customer preference."
MARTIN LINDSTROM, BRANDING EXPERT

"He encourages debate, makes you think so you can learn," said Michael Hatton, Humber's vice-president Academic, while introducing Lindstrom to the stage.

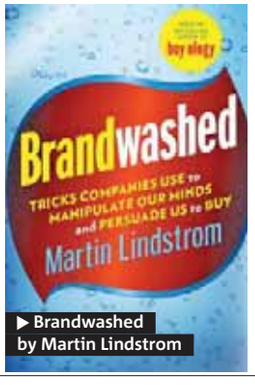
One of the main focuses of the presentation was neuromarketing — a new field of marketing that studies consumer's cognitive response to marketing stimuli. Lindstrom partnered with university researchers on a three-year, $7-million neuromarketing study that scanned the brains of 2,000 people while they were exposed to various marketing and advertising strategies such as subliminal messaging iconic brand logos and provocative product packaging. The results show just how much power brands wield over us all.

"Eighty-five per cent of the decisions we make every day are decided upon in our non-conscious part of the brain," said Lindstrom. That means that our minds are rational just 15 per cent of the time. "We lie to ourselves all the time because we are irrational," he added.

Therefore, the more senses a brand appeals to, the more loyalty people have to the brand and that's because, according to Lindstrom, we are by nature irrational. Lindstrom pointed to music as a medium that has enormous influence on our behaviour.

"Sound and vision activate emotion and when you have emotional engagement, you have consumer preference," he explained.

Most of the students left the presentation agreeing that they felt empowered to recognize when they were being manipulated by brands and said they would keep the conversation going once back in their classes.



▶ Brandwashed by Martin Lindstrom

Sounds special

Through his research, Lindstrom has learned just how powerful sound is.

- Lindstrom pointed out that in Last Vegas, revenue fell by 24 per cent when sound was removed from slot machines
- When slow music (slower than a heartbeat) was played in restaurants during another experiment, diners ate slower and ate more.

Secrets of the study

BRUCE WALSH
LIFE@METRONEWS.CA
METRO WORLD NEWS IN NEW YORK

ISTOCK

▶ Studying solo might not be the best option.

For most univeristy students in Canada, winter exam week is just around the corner. For 2011 freshmen, the first time through post-secondary level exams can produce anxiety and frustration. Here to help is test-taking expert Ann Dolin. She is the founder of Educational Connections Inc., a tutoring and test-prep provider in Fairfax County, Va.

What's the most common misconception about studying for exams?

Students often think that just reading equals studying. But studying must be interactive. There must be some form of writing involved to truly cement the information to memory.

Are there different concerns for students with ADHD?

One of the problems is that students will often block off two or three hours to study. That's often not productive. No one can sustain attention for three hours, especially a student with ADHD. When studying is broken down into 30-minute chunks, students are far more productive.

What is the easiest thing students can do to improve their scores on finals?

Study after study has shown that when students summarize their notes after class, they're far more likely to remember the material.

What is the benefit of forming study groups?

Among many positives, it gives students a sense of accountability. You tell yourself, "OK, I'm going to put aside this time to study." And if you don't do it, you get mad at yourself. It rides on your shoulders. But if you have a group, you're more accountable. And you're forced to process the information in another way. If you discuss the material with a group, you're far more likely to remember it.

Is there a good strategy for dealing with anxiety during a test?

Yes. Have a notepad handy during the test to write down all of your anxieties. Studies show that this is the most effective way to alleviate anxiety at test time. You simply have to purge the thoughts and emotions.

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STUCK BETWEEN A ROCK AND A WORKPLACE

When it comes to conflicts of interest, employees will want to consider their company's concerns carefully

WORKPLACE LAW

DAN@TORONTO-EMPLOYMENTLAWYER.COM
TWITTER: @DANLUBLIN

ISTOCK

▶ Make a move that won't mess with your job.

Shortly after obtaining her real estate license, Marilyn Patterson found herself in a pickle. Patterson, a customer service supervisor for the Bank of Nova Scotia in Pitt Meadows, B.C., was summoned to a meeting and told that her work as a realtor may conflict with her employment at the bank.

Patterson saw matters differently. She had performed other part-time work outside of the bank and without any objection., and other employees had second or third jobs, which the bank did not oppose.

When it came to her work as a part-time realtor, however, the bank decided to take a stand, arguing that by recommending financial services and products at the bank, Patterson could be in a "potential" conflict with her work in real estate. Patterson was told to abandon her work as a realtor otherwise she would be fired.

But Patterson was defiant, refusing to consider searching for another non-conflict position at the bank and refusing to resign. Therefore, the Bank felt it had cause to terminate her and it did, without any severance. Patterson was not about to go quietly, suing the bank and claiming that its ultimatum was unreasonable.

At a recent hearing, Justice Bryce Dyer agreed with the bank and dismissed Patterson's claim. According to him, Patterson's refusal to abandon her work as a realtor once instructed to do so amounted to disobedience that was serious and not capable of being forgiven. The key to his decision, however, was not that Patterson had performed work as a realtor but that she was told to give it up or lose her job. Since this direction was reasonable, the bank had done nothing wrong.

This case illustrates two of the most prevalent principles in workplace law. First, the judge you happen to draw often makes a difference in the final outcome. Here, Justice Dyer viewed the bank's directive as reasonable but that does not mean that another judge would. Second, Patterson was given a choice to abandon her outside work or keep her job. In my experience, had the bank just terminated her without advancing this option, she would have been cashing settlement cheques by now.

DANIEL LUBLIN IS AN EMPLOYMENT LAWYER WITH WHITTEN & LUBLIN LLP.

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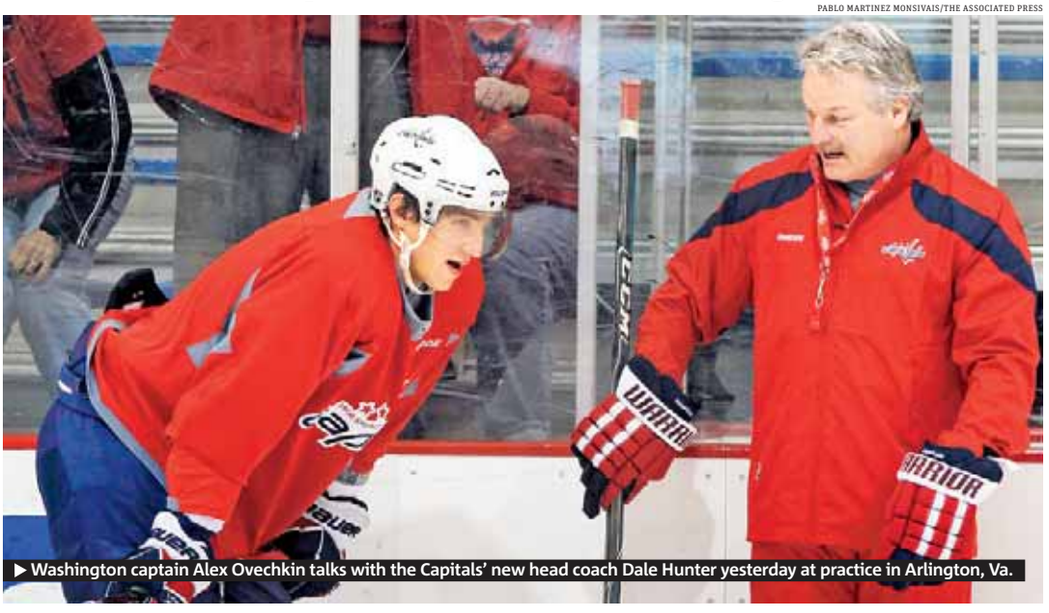
4 sports

Shuffling the decks

Caps fire Boudreau, while Canes can Maurice on Black Monday for NHL coaches Hunter steps behind D.C. bench and Muller given Carolina job

PABLO MARTINEZ MONSIVAIS/THE ASSOCIATED PRESS



▶ Washington captain Alex Ovechkin talks with the Capitals' new head coach Dale Hunter yesterday at practice in Arlington, Va.

Trouble was in the air at least a couple weeks before the axe came down on Bruce Boudreau and Paul Maurice.

With the Washington Capitals and Carolina Hurricanes losing more than they were winning, both men knew they were on thin ice before getting fired hours apart yesterday.

Boudreau and Maurice shared similar headaches.

The captains of both teams are struggling mightily. As of yesterday, Eric Staal of the Hurricanes was a league-worst minus-17 and on pace for his lowest point total since his rookie year. Washington's Alex Ovechkin, once the NHL's undisputed goal-scoring king, was tied for 38th in that category.

"This wasn't a slump. You can ride out slumps. This was simply a case of the players no longer responding to Bruce."
CAPITALS GM GEORGE MCPHEE ON FIRING COACH BRUCE BOUDREAU

The most telling sign of trouble was when both men started making bold moves. Boudreau feuded with Ovechkin this season and scratched veterans Joel Ward and Alex Semin, but Washington still lost six of eight. Maurice benched defenceman Tomas Kaberle on Sunday for a game Carolina lost 4-3 in Ottawa.

Boudreau had been under fire for a calendar year, dating back to a long slide last December and punctuated with a sweep by Tampa Bay in the second round of the playoffs. Washington named former Capital Dale Hunter as his replacement.

"I think Bruce came in here and emptied the tank," Capitals GM George McPhee said in Arlington, Va. "When that happens, you get a new coach where the tank is full and see if it makes a difference."

Maurice was in his second stint with the Hurricanes and was expected to help a team with modest talent overachieve. With the playoffs slipping from view, Carolina GM Jim Rutherford decided to see if Kirk Muller can get more out of the players than Maurice.

"We feel confident that he is the right man to lead our team now and in the future," said Rutherford.

Both Muller and Hunter will be NHL head coaches for the first time — Muller arrives from the AHL's Milwaukee Admirals and Hunter from the OHL's London Knights.

THE CANADIAN PRESS

Quoted

"I've said it for three years now: I don't care if I'm known as the luckiest coach in the league. That's great. As long as we win, that's fine with me."

NEW YORK JETS HEAD COACH REX RYAN YESTERDAY IN RESPONSE TO PEOPLE CALLING HIS TEAM A LUCKY BUNCH. RYAN SAID HIS TEAM DID EXACTLY WHAT IT NEEDED TO IN ITS 28-24 WIN OVER THE BUFFALO BILLS SUNDAY.

JEFF VINNICK/GETTY IMAGES

▶ Wally Buono

Lions think Buono will walk away a champion

B.C. Lions players expect Wally Buono to relinquish his coaching duties but retain a management role after guiding the CFL club to a Grey Cup victory.

"I don't think he'll come back as coach, but I don't think he's just going to step away from football," said Lions defensive back Korey Banks yesterday at their practice facility.

Buono, who is currently general manager and coach, led the Lions to a championship Sunday in a 34-23 win over Winnipeg.

Players say Buono has not told them of his decision, but the CFL's all-time winningest coach will not come back with the sole purpose to win a sixth Grey Cup as head coach.

"You have to respect the game and you have to respect the tradition of Grey Cup, but if that's your motivation, I think that's very selfish," said Buono, a head coach for 22 seasons. "It's not about that. What I've got to decide on is what I think is best for the organization, but I've also gotta decide on what's best for me." THE CANADIAN PRESS

Are the Leafs really that good?

Breaking down what sets this year's division leaders apart from the 28th-place squad of one year ago

So, just how good are the Maple Leafs?

Fans should have a much better idea by Saturday night after a home-and-away series against Boston.

The Leafs have been whipped twice by their Northeast Division rivals, 6-2 in Beantown and 7-0 at the Air Canada Centre.

But the Leafs are currently riding a three-game win streak, outscoring the opposition 15-6, and enter tomorrow's game first in their division and second in the East with 30 points after 24 games.

What's changed since last season, when they had 20 points after 24 games and sat 28th overall?

Here's a look at some of the key factors:

BRUCE BENNETT/GETTY IMAGES

Scoring

Led by sniper Phil Kessel, the Leafs have 79 goals in 24 games, tops in the NHL through Sunday. They've scored 28 more goals than last season, a huge improvement. They also have the best 1-2 scoring punch in the league — Kessel leading the NHL with 16 goals and 31 points and linemate Joffrey Lupul tied for second (with Flyer Claude Giroux) in points with 29.

BRUCE BENNETT/GETTY IMAGES

Goals against

Surprisingly, the Leafs have given up nine more goals this season than last (75-66) when J-S Giguere was the undisputed No. 1 with Jonas Gustavsson as his backup. Despite Ben Scrivens and Gustavsson giving the team mostly solid netminding with No. 1 James Reimer hurt, Toronto has given up more goals than all but Ottawa (79), Carolina (83) and Anaheim (77).

BRUCE BENNETT/GETTY IMAGES

Centres

No doubt Kessel's prolific scoring has been the big story. But unlike last season, Toronto is much stronger down the middle. A confident Tyler Bozak has been red hot of late, with four goals in the past three games centring the No. 1 line between Kessel and Lupul. Bozak's play has allowed Wilson to keep Tim Connolly on the second line and he now has three goals and nine assists in 12 games.

ELSA/GETTY IMAGES

Coping with injuries

At one point this season, the Leafs had seven regulars out with injuries. Yet, they almost didn't miss a beat. Instead of slipping when Reimer went down — he's missed 18 games — they have ridden Gustavasson (eight wins) and Scrivens (two) to first place in their division. Until Mike Komisarek suffered a broken arm on a blocked shot, Cody Franson watched from the press box. Now he's playing regular minutes.

BRUCE BENNETT/GETTY IMAGES

Blue-line production

They have two of the highest-scoring defencemen in the league in Dion Phaneuf and John-Michael Liles. Many nights, Phaneuf has played like he did as a Norris Trophy candidate in his early days in Calgary. His 18 points rank third among NHL defencemen. Liles has 16 points and is also among the top 10 defencemen. Tomas Kaberle was the Leafs' top offensive threat from the blue-line last season.

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	GP	W	L	OTL	SL	GF	GA	Pts	Home	Away	Last 10	Strk
d-Pittsburgh	24	14	6	2	2	77	59	32	8-1-2-0	6-5-0-2	6-3-1-0	W2
d-Toronto	**24**	**14**	**8**	**1**	**1**	**79**	**75**	**30**	**6-3-1-1**	**8-5-0-0**	**5-4-0-1**	**W3**
d-Florida	23	12	7	1	3	64	59	28	5-2-1-3	7-5-0-0	6-3-1-0	L2
Boston	22	14	7	0	1	75	47	29	9-5-0-1	5-2-0-0	9-0-0-1	W1
Philadelphia	23	13	7	2	1	82	68	29	6-4-1-1	7-3-1-0	6-3-1-0	L1
NY Rangers	20	12	5	1	2	56	42	27	6-1-0-1	6-4-1-1	8-2-0-0	W2
Buffalo	23	13	9	0	1	67	61	27	6-6-0-1	7-3-0-0	5-4-0-1	W1
Washington	22	12	9	0	1	70	73	25	8-2-0-1	4-7-0-0	3-6-0-1	L2
New Jersey	22	12	9	0	1	57	58	25	5-4-0-1	7-5-0-0	6-4-0-0	L1
Tampa Bay	23	11	10	0	2	63	72	24	7-3-0-0	4-7-0-2	5-5-0-0	L1
Ottawa	23	11	10	1	1	69	79	24	6-4-0-1	5-6-1-0	4-4-1-1	W1
Montreal	24	10	10	2	2	61	60	24	4-5-2-2	6-5-0-0	4-3-2-1	L2
Winnipeg	23	9	10	3	1	66	74	22	5-3-0-0	4-7-3-1	4-4-2-0	L1
Carolina	25	8	13	2	2	60	83	20	5-6-0-2	3-7-2-0	3-7-0-0	L3
NY Islanders	21	6	11	3	1	41	68	16	5-6-2-0	1-5-1-1	2-6-2-0	W1

WESTERN CONFERENCE

	GP	W	L	OTL	SL	GF	GA	Pts	Home	Away	Last 10	Strk
d-Chicago	24	14	7	1	2	79	74	31	7-1-0-2	7-6-1-0	6-4-0-0	W2
d-Minnesota	24	14	7	2	1	57	53	31	9-4-1-0	5-3-1-1	7-3-0-0	W1
d-San Jose	20	13	6	1	0	60	46	27	6-4-1-0	7-2-0-0	7-2-1-0	L1
Detroit	22	14	7	1	0	65	49	29	9-2-1-0	5-5-0-0	8-2-0-0	W5
St. Louis	23	13	8	0	2	57	49	28	8-2-0-1	5-6-0-1	7-1-0-2	W3
Phoenix	22	12	7	1	2	61	56	27	7-4-1-1	5-3-0-1	6-3-1-0	W1
Vancouver	23	13	9	0	1	69	59	27	5-3-0-1	8-6-0-0	7-3-0-0	W4
Dallas	23	13	9	0	1	59	64	27	8-3-0-1	5-6-0-0	3-6-0-1	L2
Edmonton	23	12	9	0	2	64	58	26	6-2-0-1	6-7-0-1	4-6-0-0	L1
Los Angeles	23	11	8	2	2	55	55	26	6-6-0-1	5-2-2-1	5-4-1-0	L2
Nashville	22	10	8	3	1	58	61	24	4-3-2-1	6-5-1-0	4-4-2-0	L4
Colorado	23	10	12	1	0	61	70	21	4-8-0-0	6-4-1-0	3-7-0-0	W1
Calgary	22	9	12	1	0	50	60	19	4-5-1-0	5-7-0-0	4-6-0-0	W1
Anaheim	23	6	13	1	3	50	77	16	4-8-0-0	2-5-1-3	1-8-0-1	L7
Columbus	23	6	14	0	3	54	75	15	5-7-0-1	1-7-0-2	4-6-0-0	L1

d — division leaders ranked 1-2-3 regardless of points; a team winning in overtime or shootout is credited with two points and a victory in the W column; the team losing in overtime or shootout receives one point which is registered in the OTL (overtime loss) or SL (shootout loss) column.

Last night's results

Minnesota 3 Tampa Bay 1

Dallas at Colorado

Nashville at Edmonton

San Jose at Los Angeles

Sunday's results

Calgary 5 Minnesota 2

Ottawa 4 Carolina 3

Toronto 5 Anaheim 2

St. Louis 2 Columbus 1

Tonight's games

N.Y. Islanders at Buffalo, 7 p.m.

St. Louis at Washington, 7 p.m.

Florida at Carolina, 7 p.m.

Pittsburgh at N.Y. Rangers, 7:30 p.m.

Ottawa at Winnipeg, 8:30 p.m.

Phoenix at Chicago, 8:30 p.m.

Nashville at Calgary, 9:30 p.m.

Columbus at Vancouver, 10 p.m.

Tomorrow's games

Boston at Toronto, 7 p.m.

Tampa Bay at Detroit, 7:30 p.m.

New Jersey at Colorado, 9:30 p.m.

Minnesota at Edmonton, 9:30 p.m.

Montreal at Anaheim, 10 p.m.

SUNDAY

SENATORS 4, HURRICANES 3

First Period

1. Ottawa, Spezza 7 (Gonchar, Karlsson) 0:55
2. Carolina, Dwyer 3 (Sutter) 15:03
3. Ottawa, Spezza 8 (Gonchar, Karlsson) 18:03

Penalties — Condra Ott (interference) 3:20, Cowen Ott (hooking) 12:27, Joslin Car, Greening Ott (fighting) 17:14, Sutter Car (boarding) 17:21, Skinner Car (slashing) 19:36.

Second Period

4. Ottawa, Rundblad 1 (Butler, Konopka) 19:46

Penalties — Foligno Ott (interference) 1:39, Gleason Car (roughing), Winchester Ott (roughing, unsportsmanlike conduct) 5:57, Spezza Ott (high-sticking) 14:10, Sutter Car (hooking) 17:46.

Third Period

5. Carolina, Staal 5 (Pitkanen, Ruutu) 6:46
6. Ottawa, Smith 4 (Daugavins, Kuba) 12:35
7. Carolina, Ponikarovsky 6 (LaRose) 16:49 (pp)

Penalties — Spezza Ott (hooking) 0:36, Staal Car (tripping) 4:17, Filatov Ott (hooking) 14:56, Smith Ott (high-sticking) 18:16.

Shots on goal

Carolina	14	12	9	—35
Ottawa	6	12	7	—25

Goal — Carolina: Ward (L,8-10-3); Ottawa: Anderson (W,10-7-1).

Power plays (goals-chances) — Carolina: 1-8; Ottawa: 1-4.

Referees — David Banfield, Dan O'Rourke.

Linesmen — Steve Barton, Brad Kovachik.

Attendance — 19,656 (19,153) at Ottawa.

MAPLE LEAFS 5, DUCKS 2

First Period

1. Anaheim, Beauchemin 3 (Selanne, Sbisa) 9:51 (pp)
2. Toronto, Bozak 5 (Liles, Lupul) 14:10 (pp)
3. Toronto, MacArthur 9 (Connolly) 14:29

Penalties — Cogliano Ana (high-sticking) 6:18, MacArthur Tor (tripping) 8:20, Guenin Ana (elbowing) 12:57.

Second Period

4. Toronto, Crabb 5 (Schenn, Colborne) 2:36

Penalties — None.

Third Period

5. Toronto, Bozak 6 (Kessel, Lupul) 0:47
6. Anaheim, Perry 10 (Getzlaf, Fowler) 5:38
7. Toronto, Schenn 1 (Kulemin) 19:48 (en)

Penalties — Fowler Ana (slashing) 2:52, Koivu Ana (slashing) 10:36, Phaneuf Tor (high-sticking) 14:39.

Shots on goal

Toronto	10	12	6	—28
Anaheim	10	7	11	—28

Goal — Toronto: Gustavsson (W,8-4-0); Anaheim: Hiller (L,5-10-4). **Power plays (goals-chances)** — Toronto: 1-4; Anaheim: 1-2.

Att. — 13,685 (17,174) at Anaheim, Calif.

FLAMES 5, WILD 2

First Period

1. Minnesota, Clutterbuck 6 (Koivu, Heatley) 1:57 (pp)
2. Calgary, Giordano 4, 4:37
3. Calgary, Stempniak 5 (Backlund, Butler) 6:54
4. Minnesota, Johnson 3 (Brodziak) 8:06
5. Calgary, Brodie 1 (Stajan, Jackman) 8:45

Penalties — Giordano Cal (high-sticking) 0:28, Clutterbuck Min (high-sticking) 8:53, Glencross Cal (cross-checking), Stoner Min (roughing) 12:50.

Second Period — No Scoring.

Penalties — W.Peters Min (slashing) 2:02, Bourque Cal (tripping) 10:48, Smith Cal (holding) 16:12, Stempniak Cal (holding) 19:28.

Third Period

6. Calgary, Tanguay 4, 1:39
7. Calgary, Iginla 7 (Glencross, Jokinen) 8:26

Penalties — Minnesota bench (objects on ice; served by Staubitz) 8:26, Stajan Cal (goaltender interference) 18:38.

Shots on goal

Calgary	15	11	9	—35
Minnesota	7	10	4	—21

Goal (shots-saves) — Calgary: Kiprusoff (W,9-9-0); Minnesota: Backstrom (L,7-5-2)(8-5), Harding (8:45 first)(27-25). **Power plays (goals-chances)** — Calgary: 0-3; Minn: 1-5.

Att. — 16,864 (18,064) at St. Paul, Minn.

SCORING LEADERS

	G	A	PT
Kessel, Tor	16	15	31
Giroux, Pha	13	16	29
Lupul, Tor	11	18	29
Vanek, Buf	12	14	26
Versteeg, Fla	12	14	26
Toews, Chi	13	12	25
Pominville, Buf	9	16	25
Backstrom, Wash	7	18	25
D.Sedin, Vcr	6	19	25
Stamkos, TB	14	10	24
Smyth, Edm	12	12	24
Kopitar, LA	10	14	24
Nugent-Hopkins, Edm	10	14	24
H.Sedin, Vcr	8	16	24
Neal, Pgh	13	10	23
Seguin, Bos	12	11	23
Fleischmann, Fla	10	13	23

Last night's games not included

CFL PLAYOFFS

GREY CUP

At Vancouver

Sunday's result

B.C. 34 Winnipeg 23

LATE SUNDAY

LIONS 34, BLUE BOMBERS 23

First Quarter

B.C. — TD Harris 19 run (McCallum convert) 8:27

B.C. — FG McCallum 22 11:34

B.C. — Single McCallum 57 14:34

Second Quarter

B.C. — FG McCallum 16 10:28

Wpg — FG Palardy 30 12:24

Wpg — FG Palardy 15 14:30

Third Quarter

Wpg — FG Palardy 33 4:50

B.C. — FG McCallum 22 12:16

B.C. — TD K.Johnson 66 pass from Lulay (McCallum convert) 14:53

Fourth Quarter

B.C. — TD Bruce 6 pass from Lulay (McCallum convert) 8:10

Wpg — TD Carr 45 pass from Pierce (Palardy convert) 11:22

Wpg — TD Edwards 13 pass from Pierce (Palardy convert) 13:23

B.C. — FG McCallum 33 14:02

Winnipeg	**0**	**6**	**3**	**14**	**—23**
B.C.	**11**	**3**	**10**	**10**	**—34**

Attendance — 54,313.

TEAM STATISTICS

	Wpg	B.C.
First downs	13	19
Yards rushing	41	91
Yards passing	250	320
Total offence	291	411
Team losses	5	7
Net offence	286	404
Passes made-tried	19-37	21-38
Return yards	178	175
Intercepts-yards by	0-0	1-0
Fumbles-lost	0-0	0-0
Sacks by	1	1
Punts-average	9-36.1	9-44.2
Penalties-yards	6-35	7-72
Time of possession	25:20	34:40

Net offence is yards passing, plus yards rushing, minus team losses such as yards lost on broken plays.

INDIVIDUAL STATISTICS

Rushing: Wpg — Garrett 8-26, Pierce 4-17, Denmark 1-minus-2; **B.C.** — Harris 10-65, J.Jackson 3-16, Lulay 2-8, Brown 2-2.

Receiving: Wpg — Carr 7-107, Edwards 6-83, Watson 3-42, Garrett 2-12, Hargreaves 1-6; **B.C.** — K.Johnson 2-81, Simon 4-79, Bruce 5-73, P.Jackson 2-43, Gore 3-18, Foster 1-12, Harris 1-6, Lumbala 1-6, Iannuzzi 2-2.

Passing: Wpg — Pierce 19-37, 250 yards, 2 TDs, 1 int; **B.C.** — Lulay 21-37-320-2-0, Harris 0-1-0-0-0.

NFL

AMERICAN CONFERENCE

EAST	W	L	T	Pct	PF	PA
New England	8	3	0	.727	331	223
N.Y. Jets	6	5	0	.545	256	241
Buffalo	5	6	0	.455	261	281
Miami	3	8	0	.273	212	206
SOUTH	**W**	**L**	**T**	**Pct**	**PF**	**PA**
Houston	8	3	0	.727	293	179
Tennessee	6	5	0	.545	226	212
Jacksonville	3	8	0	.273	138	200
Indianapolis	0	11	0	.000	150	327
NORTH	**W**	**L**	**T**	**Pct**	**PF**	**PA**
Baltimore	8	3	0	.727	272	182
Pittsburgh	8	3	0	.727	233	188
Cincinnati	7	4	0	.636	259	215
Cleveland	4	7	0	.364	165	216
WEST	**W**	**L**	**T**	**Pct**	**PF**	**PA**
Oakland	7	4	0	.636	260	274
Denver	6	5	0	.545	221	260
Kansas City	4	7	0	.364	153	265
San Diego	4	7	0	.364	249	275

NATIONAL CONFERENCE

EAST	W	L	T	Pct	PF	PA
Dallas	7	4	0	.636	270	225
N.Y. Giants	6	4	0	.600	228	228
Philadelphia	4	7	0	.364	257	251
Washington	4	7	0	.364	183	222
SOUTH	**W**	**L**	**T**	**Pct**	**PF**	**PA**
New Orleans	7	3	0	.700	313	228
Atlanta	7	4	0	.636	259	227
Tampa Bay	4	7	0	.364	199	291
Carolina	3	8	0	.273	252	305
NORTH	**W**	**L**	**T**	**Pct**	**PF**	**PA**
Green Bay	11	0	0	1.000	382	227
Chicago	7	4	0	.636	288	232
Detroit	7	4	0	.636	316	246
Minnesota	2	9	0	.182	214	295
WEST	**W**	**L**	**T**	**Pct**	**PF**	**PA**
San Francisco	9	2	0	.818	262	161
Seattle	4	7	0	.364	185	232
Arizona	4	7	0	.364	213	256
St. Louis	2	9	0	.182	140	270

WEEK 12

Last night's result

N.Y. Giants at New Orleans

Sunday's results

Cincinnati 23 Cleveland 20
N.Y. Jets 28 Buffalo 24
Oakland 25 Chicago 20
Arizona 23 St. Louis 20
Tennessee 23 Tampa Bay 17
Houston 20 Jacksonville 13
Carolina 27 Indianapolis 19
Denver 16 San Diego 13 (OT)
Atlanta 24 Minnesota 14
New England 38 Philadelphia 20
Washington 23 Seattle 17
Pittsburgh 13 Kansas City 9

WEEK 13

Thursday's game

All times Eastern

Philadelphia at Seattle, 8:20 p.m.

TRANSACTIONS

BASEBALL

AMERICAN LEAGUE

BALTIMORE ORIOLES—Named Gary Rajsich director of amateur scouting.
TAMPA BAY RAYS—Agreed to terms with C Jose Molina on a one-year contract.

NATIONAL LEAGUE

HOUSTON ASTROS—Fired president of baseball operations Tal Smith and general manager Ed Wade. Named Dave Gottfried interim general manager.
MILWAUKEE BREWERS—Named Johnny Narron hitting coach.

FOOTBALL

NFL

HOUSTON TEXANS—Placed QB Matt Leinart on injured reserve.
NEW YORK JETS—Released S Emanuel Cook. Signed LB Ricky Sapp to the practice squad. Released LB Eddie Jones from the practice squad.
SEATTLE SEAHAWKS—Placed LB David Vobora on injured reserve. Claimed LB Adrian Moten off waivers from Indianapolis.

HOCKEY

NHL

ANAHEIM DUCKS—Assigned LW Brandon McMillan to Syracuse (AHL).
BUFFALO SABRES—Reassigned F Paul Szczechura, F Corey Tropp and D T.J. Brennan to Rochester (AHL).
CAROLINA HURRICANES—Fired coach Paul Maurice. Named Kirk Muller coach.
DETROIT RED WINGS—Recalled F Fabian Brunnstrom from Grand Rapids (AHL).
FLORIDA PANTHERS—Reassigned G Jacob Markstrom and RW Michal Repik to San Antonio (AHL).
TAMPA BAY LIGHTNING—Re-signed F Dana Tyrell to a two-year contract.
WASHINGTON CAPITALS—Fired coach Bruce Boudreau. Named Dale Hunter coach.

AHL

GRAND RAPIDS GRIFFINS—Announced F Andrej Nestrasil, F Trevor Parkes and D Gleason Fournier were reassigned to Toledo (ECHL). Recalled F Adam Estoclet from Toledo.
HAMILTON BULLDOGS—Named Naila Jinnah director of media relations.
MILWAUKEE ADMIRALS—Named Ian Herbers coach.
TEXAS STARS—Signed G Jimmy Spratt. Recalled F Michael Neal from Idaho (ECHL).

SOCCER

MLS

LA GALAXY—Traded G Donovan Ricketts to Montreal for allocation money.
MONTREAL IMPACT—Signed MF Bryan Arguez.
PORTLAND TIMBERS—Announced the retirement of D Kevin Goldthwaite. Re-signed G Troy Perkins and D David Horst. Declined the contract options for G Adin Brown, MF Rodrigo Lopez, MF Peter Lowry, MF Ryan Pore, F Spencer Thompson and F Brian Umony.
SPORTING KANSAS CITY—Traded MF Davy Arnaud to Montreal for D Seth Sinovic and allocation money. Signed G Jimmy Nielsen to a two-year contract extension through 2013.

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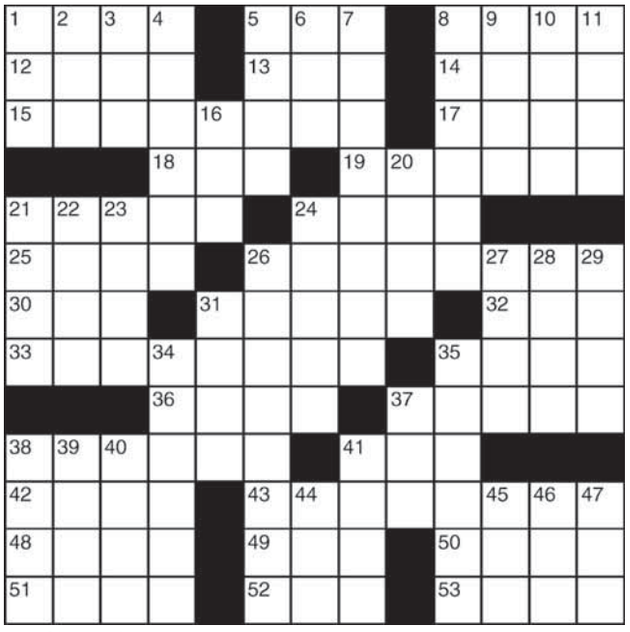
Crossword



Across

1 "Zounds!"
5 Oft-bracketed word
8 Scruff of the neck
12 Actress Spelling
13 Fed. med. agency
14 Hebrew month
15 Mixed drink
17 "The other white meat"
18 Party staple
19 Brownish-yellow shades
21 Characteristic
24 Spruce or sycamore
25 Batting champ Aaron
26 Aviation timesaver, maybe
30 "I'll take that as — "
31 Principal force
32 Fish eggs
33 Trachea
35 Baseball team
36 Libertine
37 Man of morals?
38 Honor
41 Have bills
42 Old Italian money
43 "Hush!"
48 Slender
49 Weeding tool
50 Maui feast
51 "Desire Under the —"
52 Helios
53 Formerly, formerly

Down

1 And so on (Abbr.)
2 Sticky stuff
3 Curved line
4 African antelope
5 Break suddenly
6 Midafternoon, on a sundial
7 Bleach ingredient
8 Family member
9 Lotion additive
10 Kitten's call
11 31-Down members
16 — for tat
20 Highlander
21 Dissolve
22 Hindu royal
23 In due time
24 Hosiery hue
26 Victories
27 Eye part
28 "—, Nanette"
29 Profound
31 Fraternal grp.
34 Reveries
35 Thread partner
37 Overwhelm
38 Otherwise
39 Window ledge
40 Decorate
41 Admitting customers
44 Debtor's letters
45 "— Town"
46 Existed
47 Eccentric

▶ Yesterday's answer

M	I	T		A	M	E	N	D		C	B	S
A	D	O		B	O	W	I	E		O	A	T
C	O	M	P	O	N	E	N	T		M	B	A
			A	D	S		J	A	S	P	E	R
J	A	C	K	E	T		A	C	H	E		
E	G	O		S	E	W		H	O	N	O	R
S	U	M	S		R	O	C		E	D	N	A
T	A	P	E	R		W	A	D		I	O	N
		A	L	E	S		N	E	W	A	R	K
N	O	N	F	A	T		A	M	I			
A	L	I		C	O	M	P	U	T	E	R	S
B	I	O		T	R	I	E	R		L	Y	E
S	O	N		S	E	N	S	E		F	E	E

For today's crossword answers and for expanded horoscopes, go to metronews.ca

Sudoku

			5	4			9	7
6	3			7	1			2
	2				8		6	
	6	7				8	1	
	4		9				5	
7			6	8			3	1
2	1			3	9			

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ▶

1	3	9	5	8	7	4	2	6
6	4	7	3	2	1	8	9	5
2	5	8	6	9	4	1	3	7
7	2	4	9	1	6	5	8	3
5	9	1	8	7	3	6	4	2
3	8	6	2	4	5	7	1	9
9	6	5	4	3	8	2	7	1
8	1	3	7	5	2	9	6	4
4	7	2	1	6	9	3	5	8

Send a KISS

You can now post your kiss, and read even more kisses, at metronews.ca/kiss.

Davidson
Dear Davidson <3, We've been together for so long. And I'm sure your heart's been aching. Don't worry, because I'm never gonna give you up. or let you down. I won't even run around. Because I'll never forget you. Love,
FROM RASTLEY

My Special Prince Charming Fear not my sweet darling, I am waiting impatiently for you to contact me anytime and leave me a message. I really want to hear your voice and be forever with you. You are my special and true love! We have to be strong and have faith and hope if we really have the same feelings for each other! Love you very, very much! No matter what happens, you are and will be in my heart for ever and ever... With all my love and kisses...
FROM C. L. YOURS FOREVER

Today
8°/1°
Rain
80%
Wednesday
5°/0°
Rain
70%
Your #1 weather forecast now available in HD.
Check your local listings for details.
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Today's horoscope

♈ Aries March 21-April 20 If you are the kind of Aries who likes to travel you could find yourself a long way from home today — and enjoying yourself immensely.

♉ Taurus April 21-May 21 Either you love what you are doing, or you do something else.

♊ Gemini May 22-June 21 You will be under a lot of pressure today and because the pressure comes from partners and colleagues you could fall out with someone.

♋ Cancer June 22-July 22 You'll be busy and you may find it hard to catch your breath over the next 24 hours.

♌ Leo July 23-Aug.23 You are in the mood to take action.

♍ Virgo Aug. 24- Sept. 22 You'll have to tread carefully when dealing with loved ones.

♎ Libra Sept. 23-Oct. 23 No matter how irritating others may be you must not let them get under your skin.

♏ Scorpio Oct. 24-Nov. 22 What happens today may be important but it's how you choose to react to it that matters more.

♐ Sagittarius Nov. 23-Dec. 21 You seem to be remarkably assertive at the moment, which is good, but try not to give others the impression that the only thing you care about is your own greater glory, even if it happens to be true!

♑ Capricorn Dec. 22-Jan. 20 Are you afraid to say something because it might upset powerful people? Speak up.

♒ Aquarius Jan. 21-Feb. 18 Life is many things, but most of all it is there to be enjoyed.

♓ Pisces Feb. 19-March 20. You seem to have energy to spare at the moment and if you are smart you will channel it into your work or career. **SALLY BROMPTON**

MISHA JAPARIDZE/THE ASSOCIATED PRESS

Caption contest

HEIKKI SAUKKOMAA/THE ASSOCIATED PRESS

WIN!

You write it!

Write a funny caption for the image above and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

KISS & TELL WITH METRO KISS
Tell your friends, family or that secret crush just how you feel with a Metro Kiss... then share it with the world through Facebook and Twitter.
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Visit metronews.ca daily to see who loves whom, or...who loves you!
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0% FINANCING AVAILABLE ON ALL 2012'S**

PAY FOR 90 DAYS* ON SELECT MODELS

EVERYBODY WINS $500 UP TO $25,000*

SALE ENDS NOV. 30TH

Visit kia.ca to learn more.

INTRODUCING THE NEW 2012 SORENTO

7 PASSENGER SEATING AVAILABLE

Sorento SX shown

HWY: 6.2L/100KM (46 MPG)
CITY: 9.5L/100KM (30 MPG)

FOR UP TO **0%** FINANCING APR** | **60** MONTHS

PLUS

NOW GET UP TO **$1,250** IN LOAN SAVINGS‡

Includes $750 Loyalty Bonus¥ for existing Kia customers and $500 Loan Credit.

2012 SPORTAGE

Sportage SX shown

HWY: 6.9L/100KM (41 MPG)
CITY: 10.0L/100KM (28 MPG)

SAVE WITH FLEX CHOICE

OWN IT FROM **$154**†† AT **2.49%** APR

bi-weekly for 48 months. Offer includes delivery, destination and fees of $1,784.

$0 DOWN PAYMENT | WITH OPTION TO RETURN AFTER 48 MONTHS

Based on a purchase price of $23,779.

2012 RONDO

7 PASSENGER SEATING AVAILABLE

Rondo EX-V6 shown

HWY: 7.5L/100KM (38 MPG)
CITY: 10.6L/100KM (27 MPG)

FOR UP TO **0%** FINANCING APR** | **60** MONTHS

PLUS

NOW GET UP TO **$1,000** IN LOAN SAVINGS‡

INTRODUCING 2012 FORTE SEDAN

OWN IT FROM **$99**†† AT **3.39%** APR

bi-weekly for 60 months. Offer includes delivery, destination and fees of $1,489. Based on a purchase price of $17,484.

$0 DOWN PAYMENT | WITH OPTION TO RETURN AFTER 60 MONTHS

HWY: 5.7L/100KM (50 MPG)
CITY: 8.1L/100KM (35 MPG)

SAVE WITH FLEX CHOICE

Forte SX shown

KIA

5 Year Warranty*

WE'VE GOT YOU COVERED

*5-year/100,000 km worry-free comprehensive warranty
*5-year/100,000 km powertrain warranty
*5-year/100,000 km extra care roadside assistance
*no deductible charge

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Earn points towards future discounts. It's **FREE** and it's incredibly rewarding.

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UEFA EURO2012 POLAND-UKRAINE

Kia's new Customer Friendly Pricing includes delivery and destination fees and all mandatory government levies. Prices do not include dealer administration fees ($399 to $699), licensing, PPSA or applicable taxes.

madd Saving Lives, Supporting Victims

CERTIFIED PRE-OWNED

$500 Grad Rebate

Offer(s) available on all new 2011 and 2012 models through participating dealers to qualified customers who take delivery by November 30, 2011. Dealers may sell for less. Some conditions apply. Retailer order/trade may be necessary. Offers are subject to change and may be extended without notice. See dealer for complete details. Vehicle images shown may include optional accessories and upgrades. All offers exclude licensing, registration, insurance, PPSA, applicable taxes and variable dealer administration fees (up to $699). ** 0% purchase financing is available on all 2011 and 2012 Kia models on approved credit (OAC). Terms vary by model and trim, see dealer for details. Financing example based on 2012 Kia Sorento (SR75BC) with a selling price of $28,379, financed at 0% APR for 60 months. Monthly payments equal $472.98 with a down payment/equivalent trade of $0. Cost of borrowing is $0 for a total obligation of $28,379. Delivery and destination fees ($1,650), other fees ($34), OMVIC fee, Environmental Fee and A/C tax (where applicable) are included. Licence, insurance, applicable taxes, Variable dealer administration fees (up to $699), PPSA and registration fees are extra. Financing example includes a $1,250 loan credit (includes $500 loan credit and $750 loyalty bonus*). Retailer may sell for less. See dealer for full details. ◆ "Don't Pay For 90 Days" on select models (90-day payment deferral) applies to purchase financing offers on select 2011 and 2012 models on approved credit (OAC) (Sportage/Sorento/Sedona/Borrego excluded). No interest will accrue during the first 60 days of the finance contract. After this period, interest starts to accrue and the purchaser will repay the principal interest monthly over the term of the contract. ◆◆ Every eligible contestant automatically wins a prize of $500 up to $10,000 towards the purchase or lease of any new 2011 or 2012 Kia vehicle, plus one lucky winner will be randomly selected to win $25,000 at the conclusion of the contest. Contest ends January 3, 2012. No purchase necessary to enter. Contest open to Canadian residents with a valid driver's licence, who have reached the age of majority in the province of their residence. Odds of winning vary per prize. Potential prize recipients must correctly answer a skill-testing question. Other restrictions apply, please see your participating Kia dealer for complete contest rules. ††FlexChoice Financing for 36-, 48- and 60-month terms on approved credit through TD Financing Services is available at participating dealerships to qualified retail customers on select new 2011 and 2012 Kia vehicles. Taxes on the full negotiated purchase price are payable at the beginning of the contract term, resulting in higher payments than payments taxed on a periodic basis, and are not reflected in advertised payments. The following terms apply to TD Financing Services contracts. Vehicles are financed over a 36-, 48- or 60-month term with payments amortized over a term of up to 96 months and the pre-determined residual balance payable at the end of the contract. At contract's end, customers have the choice of: (i) returning their vehicle through a Kia dealership with no further obligations (except payment of a $199 return fee and excess wear and tear, mileage and similar charges if exceeding 24,000 km per year allowance); (ii) financing the remaining balance for the rest of the amortization period at then-current standard rates; or (iii) paying the residual balance indicated on the bill of sale in full. Some conditions apply. FlexChoice Financing offered by TD in Quebec is subject to different terms and conditions. All advertised FlexChoice Financing offers are TD offers. Delivery and destination fees (up to $1,650), other fees ($34), OMVIC fee, Environmental Fee and A/C tax (where applicable) are included. Taxes, licence, insurance, registration, excess mileage, wear and tear charges, any retailer administration fees and other applicable fees and charges are not included. FlexChoice Financing is provided on approved credit through TD Financing Services. Your Option Date is set out on your TD Financing Services Payment Advantage Loan Certificate (the "Certificate"), which contains the terms and conditions governing your Return Value Option. If you exercise your Return Value Option, a return fee of $199 must be paid by you (not applicable in the province of Quebec) and you will be responsible for excess kilometre charges, excess wear and tear, and any other amounts as specified in your Certificate. The remaining loan balance will be subject to then-applicable TD Financing Services rates and fees. Retailers may sell for less. See participating retailers for complete details. Representative example based on 2012 Sportage (SP95IC) 2012 Forte Sedan base model (FE540C) with a purchase price of $23,779/$17,484 financed at 2.49%/3.39% APR over 48/60 months with $0 down, bi-weekly payments of $154/$99 for a cost of borrowing of $1,616/$1,818 and a total obligation of $24,761/$17,795. Includes delivery and destination fees of $1,650/$1,455, other fees, OMVIC fee ($34), Environmental Fee and A/C tax (where applicable). 2012 Forte (FE540C) includes $500 dealer contribution, $500 FlexChoice credit and $500 WINterfest Everybody Wins credit. Certain restrictions apply. 2012 Sportage (SP95IC) includes $500 FlexChoice credit. Taxes, PPSA, licence, insurance, registration, excess mileage, wear and tear charges, any administration or other applicable fees or charges are not included. Dealer may sell for less. See dealer for details. ‡Loan credit (cash savings) for 2012 Kia Sorento LX AT (SR75BC)/2012 Rondo (RN75C) is $1,250 (includes $500 loan credit and $750 loyalty bonus*)/$1,000 and is available on purchase financing only on approved credit (OAC). Loan credit varies by model and trim. ¥Loyalty Bonus offer available on 2012 Kia Sorento at a value of $750 for any current Kia owners towards the purchase or lease of a new 2012MY Sorento. Loyalty Bonus offer applicable to cash purchase, lease and purchase financing only before November 30, 2011. Offer is transferrable within same household only (must provide proof of address). Limit of one bonus per customer or household. Certain restrictions apply. See dealer for details. ‡Highway/city fuel consumption of these vehicles may vary. These estimates are based on the Government of Canada's approved criteria and testing methods. Refer to the Government of Canada publication *EnerGuide Fuel Consumption Guide*. Some conditions apply to the $500 Grad Rebate Program and $750 Kia Mobility Program. See dealer for details. Information in this advertisement is believed to be accurate at the time of print. For more information on our 5-year warranty coverage, visit kia.ca or call us at 1-877-542-2886. Kia Canada is the official automotive sponsor of Mothers Against Drunk Driving (MADD Canada). KIA and FlexChoice are trademarks of Kia Motors Corporation.